

HINTS TO



STICK THE LAME AND THE LAZY



PLEASE IN THE LIFE OF MIDDLEBURY




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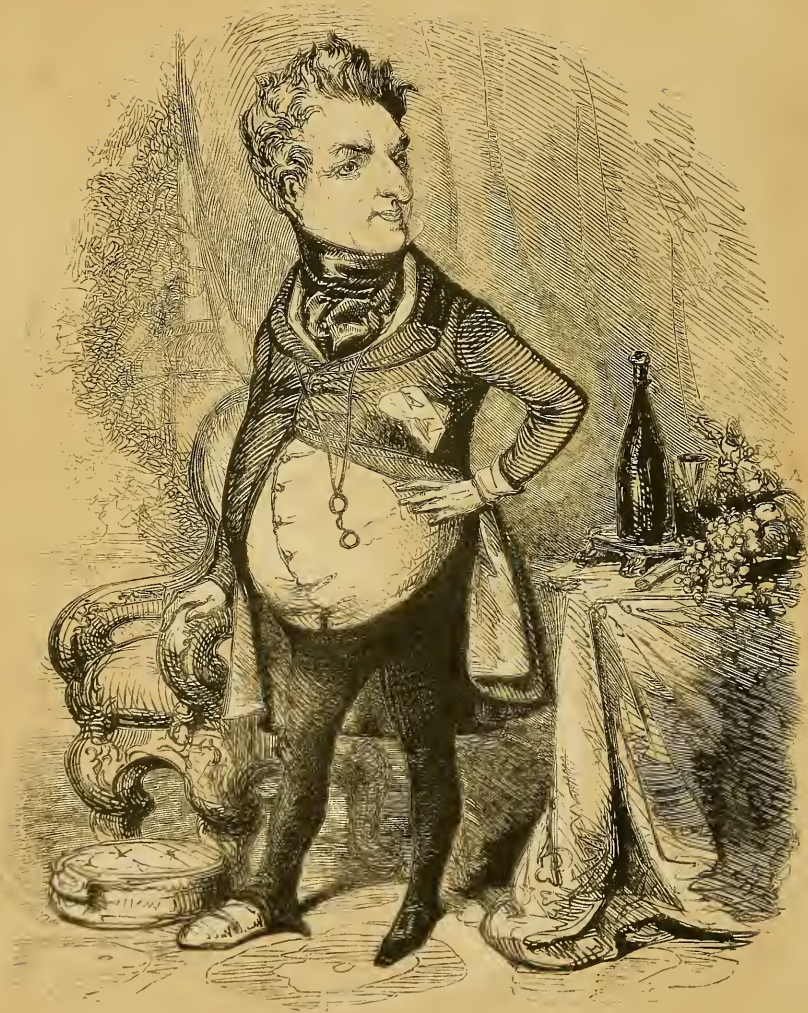
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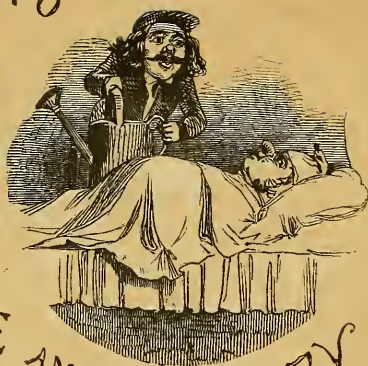
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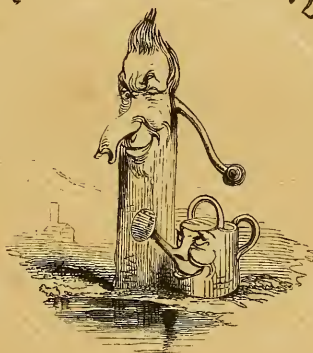
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HINTS TO



THE SICK THE LAME AND THE LAZY



PASSAGES IN THE LIFE OF A HYDROPATHIST



H I N T S

TO

THE SICK, THE LAME, AND THE LAZY;

OR

PASSAGES IN THE LIFE

OF

A HYDROPATHIST.

BY

A VETERAN.

WITH ILLUSTRATIONS BY A RECRUIT.

SECOND EDITION.

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HINTS

TO THE

SICK, LAME, AND LAZY.

CHAP. I.

Introductory Remarks—Progress of Arts of Comfort—Doctoring stationary—Physicking, general and particular Anecdote—The British race—A Pharmaceutico-belligerent practice—Subordination Anecdote—New modes of treating Disease, one of them personal to the Author—Hydropathy, ought not to be used without advice—Dangerous System of British M.D.'s—How far a Man may act at his own hand—Objections to the general use of Hydropathy—Chaps who are likely to stick to the old plan—Modest conclusion of the Author.

IN this age of Reform, it must be evident to all who keep their eyes open, (and especially to my brethren of Scotland, who are accused of closing only one eye in sleep,)

that during the last thirty years, astonishing progress has been made in all the useful arts. But whilst such attention has been paid to every branch of manufacture, and to every thing connected with our comfortable existence, yet, till lately, comparatively no improvement had been made in the healing art. I may, indeed, except the increased splendour of the druggists' shops—those palaces of pharmacy; but this is change, not improvement. I do not need to strain my memory to remember the time when the first physic shop in Edinburgh was Provost Manderston's snug little abode in Thistle Street; whilst now, in every part of that town, brilliant chemical depôts invite the public to open their mouths and shut their eyes. In proof of the extent of modern amelioration, I may mention, that we get better food, better bread, better butcher-meat, which is better cooked; better clothes, far better houses, immeasurably better means of locomotion, and more comfortable inns. It would be tedious to attempt to recapitulate the advantages we have gained. It is to be observed in every thing. I may mention a few of the instances in which the modern discoveries in science have been applied to our comfort and convenience: such as gas-light, at first in the street, now in our houses; lucifer matches, copper caps, composition candles, waterproof cloaks, which began by the invention of my brother Scot, Mackintosh. He was, how-

ever, an out and outer, nothing could penetrate his dread-



noughts. But now, more discriminating inventors, offer garments which set a Scottish mist, or a pelting storm, at defiance, but admit the air, and the subtle element has free passage, or as it is expressed in the affiches, percolates. Meanwhile, there are no medical Mackintoshes. Ah! no; here we look in vain for improvement. So long as the Britisher is in good health, he is well cared for; but let him only fall sick, and he is subjected to the same treatment as was employed a century ago, with, indeed, the addition of a ghastly array of drugs, then unknown. The faculty of Great Britain is said to be well educated. I am acquainted with many intelligent doctors, who are most superior and excellent men,

may, many of them are liberal men, but then, keep your liberality in its right place ; do not attempt to extend it to the practice of medicine. No ; if a Briton be sick, he must be treated in a scientific manner, or in other words, he must be assailed by calomel, opium, and the lancet. Such is the system which has been pursued, unchanged, and till lately, unimpugned.

It cannot be denied that the cure was often worse than the disease, that many came out of the doctor's hands with weakened, nay, ruined constitutions, and that a countless multitude acquired the habit of drugging themselves. I recollect attending a wedding, and seeing the happy pair depart in a handsome chariot. The hero of the day handed his truly lovely bride into the carriage, and she, overcome by a thousand sensations of hope and fear, moved almost mechanically, and in entering the vehicle she broke her shins over a large box in the carriage. And what was the nature of this lumbering appendage ? Was it some elegant luxury provided for the fair prize—a portable piano—a large necessaire, containing the jewel box, working and writing materials ? One might guess on for ever, ere one hit upon the nature of this appendage to a wedding trip. It was—the bridegroom's medicine chest—faugh!!! I hope, at least, that it contained sticking plaster to mend the bride's shins. This system of self-destruction is nearly confined to Britain. Our

neighbours on the continent, have long ridiculed the fearful array of drugs with which we dose ourselves, or with which we allow the faculty to punish us—calomel, mercury, henbane, arsenic, iödine, and all the drastic tribe. Now I shall be told, as I have often been told, that the British are the healthiest people in Europe—the finest men—the loveliest women. I glory to say that such is truly the case. But this pre-eminence is occasioned, not by the means I allude to, but in spite of them. Our glorious middle class has something else to do; our sturdy peasants cannot afford to destroy their constitutions *secundem artem*; and the habits of our gentry are so peculiarly favourable to health, that we alone of all the nations in Europe could have stood the ordeal to which we have been exposed. Our food is simple and nutritious; our matchless beef is not stewed to rags, nor robbed of its flavour and richness, by the meretricious addition of rancid butter; our habits are cleanly; our houses warm and well ventilated; lastly, we have the best climate in the world, not perhaps the most attractive, but that in which exercise may be taken with impunity, on every day in the year, in which we are neither congealed by intense cold, nor dissolved by insufferable heat.

Our naval and military exploits, during the last war, cannot be too highly estimated. By the exertions of the British nation, a great end was accomplished; but, at what a

useless expense of blood and treasure, whilst the same results might have been attained with so much facility, and in a far more scientific manner, by pharmaceutical means, had we left the whole matter in the hands of the faculty, had we employed against the enemy those annoyances which we levelled against our own fellow-countrymen, had we only persuaded the foe to swallow the drugs which Britons volunteered to consume.

In a future struggle; an improved system might be adopted, and our doctors might be occupied in killing our enemies, instead of destroying the lieges. The head of the army need not be styled Physicker-General ; but, retaining the



old term of Commander-in-Chief, he should be a stern M.D.,

of acknowledged talent, and unyielding disposition. Nor do I wish that the title of Secretary at War, should be changed to "Apothecary at War," though the last would express his avocations more definitely than the other; he, however, must be a man of a decided and determined stamp, not easy to be cajoled, whilst he is of a plastic nature, able to assume the "soft sawder," in order to induce those opposed to him to swallow his drugs. Both these dignitaries will be strengthened in their high stations, by the remembrance of the great and deserved respect paid to the faculty on all occasions, and the unswerving obedience with which their orders are obeyed. I will only cite one example; it occurred in one of our naval engagements, when the French had been attacked after our famed old fashioned method. Many gallant fellows had fallen, and many more were maimed. The cock-pit was encumbered by the bodies of many who had been brought there for the doctor's aid, but who had slipped through his fingers. There was scarcely room to turn, and the surgeon ordered the attendants to throw some of the bodies overboard. The mandate was obeyed by two Emerald Islanders, who began to make a clearance. In the performance of this duty, they had lifted an apparently lifeless corpse, and were about to launch it into the yawning deep, when the eyes were opened, and the still animated sailor said,—“Boys, I'm not dead!” And what was the reply?—“Get out, ye black-

guard ; and do ye know better than the doctor ?” Such is



the becoming spirit of all who are under authority. I have thus touched, in a cursory manner, on the duties required of these dignitaries, who are to be called on to fill the chief offices ; the other duties will be distributed among the existing branches of the service.

Three new systems have lately been offered to the public : each has its advocates, and produces each a long list of successful cases. Two of these novelties I shall merely name, and on the third I propose to offer the testimony of my small experience. The first, Homœopathy ; it is of the longest standing. The second, Mesmerism, the most unmanageable. The third, Watercure, or Hydropathy, by far the most agreeable, and the one which I am about to recommend to the gentle reader.

There is so much similarity in the treatment under Homœo- and Hydro-pathy, that they may go hand in hand ; and although a sufferer from Drugophobia, I might be induced to stand the airy globules of Homœopathy. I reaped so much advantage from a short Watercure course, that I resolved to offer my testimony to the advantages of the system ; and although on my return to England, only a few weeks ago, I found the press teeming with Hydropathic works, still I imagined there was room for me.

I would, in the first place, offer a word of conciliation to the faculty. I have no wish to usurp, or to see usurped, their office ; I have no fear of them, unless they appear drug in hand. I would consign every case of sickness to their hands ; but I do desire to disarm them of their deadly weapons, and to turn the same to their proper use, under the auspices of the Commander-in-Chief. It is a great mistake to imagine that Hydropathy may be employed with advantage by uneducated men. There are, indeed, exceptions ; Priesnitz, for example, appears to possess, by intuition, that, which the many can only acquire by long study ; but in the Hydropathic treatment of cases, the superintendence of a regularly educated medical man, is most desirable, if not indispensable. I counsel no man to take his own case in hand, or unadvised, to go through a Watercourse.

It appears to me, that the fault of the British faculty is

this ; they always act vigorously, which is very well in the case of a surgeon or dentist, who cuts off the diseased limb, or pulls the carious tooth. But your M.D., who is fighting in the dark, assumes a cause of malady, and sets to work always too violently, even if he be right as to the seat of the disease, which is only occasionally the case. How many I have known who have been drugged, nearly to death, and then, lo ! it is discovered that the doctors had mistaken the nature of the complaint.

The Watercure, although a strong remedy, is infinitely less so than the means usually resorted to in Britain. Indeed, there are many of the Hydropathic remedies which may be employed with the most perfect safety by any one, which cannot do harm even to a delicate person.

Hydropathy has much to contend with. One difficulty is that of procuring proper baths and attendants. This is, indeed, set at rest by entering a Watercure establishment. Another difficulty occurs in the case of the man of pleasure, who, having been emaciated by an irregular, or luxurious life, would, in the majority of cases, reap great advantage from the course ; but then, he is unwilling to enter upon a new mode of life, and to submit to the restrictions which are indispensable to a cure. Such a man is likely to remain in the trammels of the old system, and he may be patched up without making any great deviation from his ha-

bitual mode of life. If he swallows a commensurate amount of physic, he need not be urged to take very violent exercise, and may continue to indulge in his snug little dinner, and pint of wine to match. The time demanded for the cure of chronic complaints, by hydropathic treatment forms a still more formidable objection, one, which to the man of business, is almost insurmountable, is that it claims from all, a degree of faith which is not readily accorded ; especially when it implies the abandonment of comforts to which the patient has been long accustomed. The patient would indeed find that the system recommended, is full of enjoyment, and that the simple diet of the water-cure patient is relished with a gusto unknown to the pampered slave of calipash and calipee—to those comfortable gourmets, who begin dinner with soup, fish and patée, washed down with two or three glasses of sherry, whilst he would acknowledge, that his postprandiarly lightness of spirits, far more than compensated for any degree of abstinence, and his unbroken slumber sends him forth to his day's work like a giant refreshed ; yet I scarcely hope to persuade any one. I am not aware that I have ever been able to induce any one to change his opinion on any subject, much less to adopt a new system. I can scarcely expect that I am now to commence a successful era in persuasion, but I do hope, that I may succeed in inducing some few to turn their attention to the subject, and to consult the works of those authors who have written scientifically upon it.

CHAP. II.

Personal suffering—How the Author was led to the water—Present state of Author—Attack of gout—Doctor's Treatment—Change of scene—Gout, No. 2—Mode of attack—Colchicum—Out of condition advisers—The Count, with his attempts and travels—Rural felicity—Hydropathy success—The Captain—Author rebels—Determine to watercure it—Embarras de la richesse—Contract my field operation, and conquer—Anecdote in real life.

HAVING thus declared myself a humble admirer of Hydropathy, I propose in this chapter, to shew how I was led into watery ways, and should my readers find me prosy, I hope that they will pardon an old fellow, who looks back to his water-cure course, as one of the most delightful portions of a tolerably prosperous life—as the rejoicing of a man, who, having been much reduced, is now, by means of hydropathy, one of the stoutest and halest old gentlemen going—yes, going is the appropriate term, for I am able to go eight miles within

two hours, and I can go up hill with most young fellows ;



whilst my general health is such as cannot be too gratefully acknowledged. My case is a simple one.

Having led a generally healthful life, especially since my retirement from active service in the army, and having lived what is called, generously, which implies 365 good dinners, and 365 pints of wine annually, which I believe to be the most approved method of inoculation for the gout ; I at length suffered from that painful disease. I was attacked by gout during the winter of 1845-46 ; it seized on my foot, and having often seen others suffer fearfully from the disease, I found my attack much

more bearable than I had expected, but from what I heard afterwards, I am now led to believe that it was severe for a first attack ; my first fit may be thus analyzed. Five days' limping ; nine days close to the sofa, with some sleepless nights ; a week's crutch, and a month of weak ankle. As soon as I was laid on my beam ends, I sent for a doctor ; the one whom I had selected is one of the homœopathic school ; I had no knowledge of that system, nor much belief in its efficacy ; but I had heard much in favour of the man, and my confidence was not shaken after an acquaintance of some weeks. Dr. S. did not at first believe that my malady was gout, and we well nigh had a turn out upon that point, which was ultimately conceded. He was probably in doubt, and my temper was so gouty as to settle the difficulty. The doctor fully understood the terms on which we met ; I acknowledged his talent, while I was doubtful as to his tools ; I promised obedience, and he passed his word that I should soon be released from acute pain. He began by requesting me to swallow some globules, to which I made no objection ; he also bandaged my foot with a wet cloth covered over with several dry ones, the bandage to be changed every hour. These wet applications acted as poultices. It was some days before I felt very much relieved, but in two or three days I got rid of the acute pain. I lived very low, taking no nourishment but dry bread and weak tea, by which means

my spirits were not affected ; and at last I got well ; my foot continued very tender, and I was sensible that gout still felt an attachment to my person, and would take an opportunity to repeat his visit. I was now not nearly so well as I had formerly been, and was recommended to travel : after sundry journeyings, I found myself in Switzerland, where I determined to pass the summer ; and surely, that country is of all others, the one in which health is likely to be invigorated. Although I was quite sensible of the advantages I enjoyed, of lovely scenery and pure air, I was still far from being up to the mark—I was thoroughly out of condition. At last I found some relief in a fresh attack of gout. It appears to be a rule in goutish strategy to move by echellon, to attack obliquely. Formerly, my left foot suffered, and I might have expected that my left hand would have been next exposed to attack, but it was not so, my foe fixed his talons in my right wrist, which I found far more troublesome than when I was taken by the foot. I was able to walk about, looking daggers at all and sundry, but all the business of life was necessarily transacted by deputy ; an amanuensis wrote my letters, and I had a very able and willing one ; then, every morning, a horrid savage came to take me by the nose, and shave me badly. There is a little inconsistency in the bearing of a man of honor with regard to nose manipulation. Were that organ to be laid hands on by

the most delicate dandy, the most sweetly perfumed exquisite, the overt act would be resented as the most unpardonable injury, and slugs in a saw-pit could scarcely wipe away the stain: but the same testy individual who says touch my nose, touch my honor, is expected to sit quietly whilst an unsavoury barber “taks his wull” of this salient seat of honor.



I have a good handful of nose, and I feel pretty considerably indignant over such barberous handling: then I could not dress myself without assistance, nor even feed myself tidily. With all these personal inconveniences, I felt better in general health after the gout had appeared, and rather congratulated myself that the foe had come to the scratch. I

again resisted him with cold bandages, but no physic, not even globules. One day I was strolling about, having arisen from a sleepless couch, in pain, and very cross, when I encountered an acquaintance, who had practised as a regular M.D. for thirty years, and with great success. He strongly advised me to take Colchicum, which he assured me would remove the pain at once. I had heard of this drug, which in my youth was known as Eau medicinale, and I had heard that it was a dangerous medicine. I recollect the appearance of people who had used it frequently—men of shuffling gait, with a kind of transparent look. I was a little afraid of the recipe; my friend, however, assured me, that it is now much better understood, and that by a felicitous combination with other drugs it is used with perfect safety. I was inclined to yield, when a twinge of the gout fixed my determination, and I continued my walk to the apothecary. I truly congratulate myself now, that the amiable Galen, dear man, was absent, for I dared not trust a ragged boy, who alone was in the shop. I hope that he reaped as much benefit from his absence from home as I did. On my way to my quarters, I met a friend to whom I communicated my annoyance,—that the druggist was not to be found, and that my visions of Colchicumic bliss were frustrated. My valuable friend took a very different view of the case, and congratulated me on having escaped a great evil. He told me that he belonged to a gouty family, and that many of

his friends and relations had been induced to use Colchicum, and that *all* had repented doing so. He told me that it might be taken with the most perfect safety for two or three times ; that it chased the gout almost immediately, but that on renewed attacks the dose was repeated, and that by degrees, the constitution was injured ; that he had never known a single instance in which Colchicum had not a deleterious effect, and that effects generally proved fatal. I thanked my friend for his advice, which was most decidedly, that I should avoid the use of the drug in question, and I followed it. There may be instances when gout is too severe to be borne, or where the sufferer cannot bring his appetite into subjection, and therefore, he has reiterated fits of gout ; to such, the use of Colchicum may be necessary, but I avoided it, and by degrees I got better. But I was still a shabby-looking, ill-conditioned individual ; in spite of all my attention to diet, exercise, &c., there was some screw loose. I had many acquaintances to whom I communicated the advantage I had derived from wet bandages ; many of them said, why then nibble at the water system, try it in all its fulness, and you will reap commensurate benefit. I conversed with several, who had been cured of divers maladies by a hydropathic course, and who naturally were loud in its praise ; each recommended his own shop, and wished me to go to the establishment at which he had been treated. Among others, there was a very intelligent French

Count, who told me that he had long suffered from acute rheumatism, which no treatment seemed to affect: after having borne the painful malady for some time, he was ordered to go to a doctor in Paris, who had a great reputation in managing rheumatic complaints. The Count was put through a course of medicine, without the least effect. He then went to a second doctor, who explained to him, that the one whom he had been with, had mistaken his case; he pointed out, that the malady proceeded entirely from such and such causes, and that having thus ascertained the origin of the evil, nothing could be more simple than to remove it, which was done,—in theory, but not in practice. The poor Count, sought a third adviser, who told him that the two first were very able men and very valuable members of the profession, blessings to the human race generally, but not to the Count particularly. This doctor prescribed, and the Count followed all his prescriptions most scrupulously, but without the least benefit; he was however consoled by a friend, who told him, that his complaint was not understood in Paris, and that he must go to a doctor in one of the provincial towns, I think in Lyons, where he would soon be restored to his ordinary state of health. So off jumbled my poor, but too-confiding Count, and enlisted under the banner of the country Galen, who was quite at home in the case, nothing could be more simple, (excepting always the Count, who was simple enough to be done,) it

required only time (an article of no great value to the Count) to make a cure. After considerable patience, and no relief, he began to fear that he was doomed. But now, he was told, that he needed no doctor, his malady was produced by natural causes, and it could only be removed by nature's hand; he must go to a region of pure air, to scenes of calm joy, and harmless amusement, away from the buzz of towns and artificial excitement; he must make a sort of "Ohnannywiltthougowithme" expedition; he must in Switzerland, enjoy the balmy breath of mountain air; he must mingle in the rural sports of Helvetia's sons, and all that sort of thing, and he would soon forget all his former woes, *c'est clair*.

The Count is a Frenchman of pleasing temperament, and although he had suffered both in purse and person, still he rose elastic above his troubles, and started for the Helvetic Republic; he submitted to another jumble in the diligence. Reader, may I venture to advise, that all thy jumbles in the diligence, or in its twin-sister, the eilwagen, be short.

It is impossible to underrate these monsters of locomotion. The good old French diligence had advantages of its own: it was slow indeed, (those of the present day are only a shade faster) but then, it was roomy and commodious, whereas the diligence now-a-days is as cramped as were our stage-coaches, without any of the advantages of those conveyances. The voyageur used to have a full hour for dinner,

this is reduced to a nominal half-hour, with an excited conducteur sitting at dinner—in judgment—always looking at his watch; and, having eaten and drunk at every stage during the day, he is able to dispatch his meal in one half the time required by a gentlemanly stomach, which is fed only twice a day, and then he devotes himself to tease the passengers. Spite of all this, I suppose the Count did go by the Dilly. The Faculty had bled him too freely to admit of extra poste. On his arrival at Geneva, he equipped for the Oberland, he mounted the blouse, the umbrageous hat, and mountain staff, and away he sped for the hill, for the scene of pastoral delights. After two months of climbing, (as far as he was able) romanticizing and pedestrianizing, he found that he was just as he began, two years before. Now he first heard of Hydropathy: he was urged to try the new system, and suffering as he did, he was still sanguine enough to hope from this new remedy. He accordingly repaired to an establishment near Luzerne, and in two or three months he was discharged, perfectly cured. I have seldom seen a lissomer chap than he was when I saw him. I have stated this case at full, and pretty much as the Count gave it. I have not given the water course which he followed, for the reader will have enough of that *in loco*, nor have I given the names by which the Faculty dubbed his maladies, because I do not recollect them: they were pretty unintelligible to me, but of course

they were not so to those who employed them. I doubt whether the Count was much wiser than myself. In this respect he was probably like our acquaintance, M. Jourdain, who spoke prose without knowing it. I could give many other cases of cure. In one point all agreed who had tried water cure, viz. that it had a very good effect on the spirits, or, to speak more technically, it is anti-blue-devilish. By one of my friends, I was advised to go to Zurich, by another to Luzerne; a third recommended Meyringen, a fourth, the Rhine: then I became acquainted with a regular water brick, a man who had been cured, and who had helped to cure hundreds; one who understood hydropathy in all its branches, and who really wished to extend the use of the system for the good of his fellow creatures. But--there is always a but-- (this same is an inelegant little word, English is guilty of no worse, though we do set euphony at defiance) but I must go to Grafenberg. Priesnitz alone could set me all right. I needed the best advice. No doubt there were the remains of a strong man--the shattered leavings of former vigour--the shadow of passing manliness--the sketchy reminiscence of bygone days. My friend, the Captain, is a philosopher, a poet, a water-dog, and a most positive dog. He would not change his fiat, to Grafenberg: I must go. Priesnitz, by himself, Priesnitz was the only solution to all my difficulties. I had great confidence in the Captain, but

here was I, sadly out of health, called upon to undergo a journey of seven or eight hundred miles, and I made up my mind I would not go, not I. It was too far, and then the season was becoming late, the frosts are early in Silesia. So on this one point, the Captain and I were two. He was "considerable riled;" civil to my face, but in my absence expressed himself more openly. He said, that I was a weak old man, under petticoat government, and had no due appreciation of talent, grudged trouble and expense when my health was at stake. No doubt he felt and looked very fierce. However, I would not yield; I would not travel across Europe. I believed with the Brummagem men, that whatever one man could make, another man could imitate, and I felt sure that hydropathy was to be done, west of Grafenberg; and when that part of the business was arranged, the Captain was most amicable, and gave me his advice on every point, and was as anxious about my well-doing as if I had followed his advice, or rather, mandate, and had gone to Grafenberg. Having, therefore, fixed to go to an establishment, "between and England," my field was contracted. It was still wide enough. Such refuges are becoming daily more common. There are several in Switzerland, one near Baden, one or more near Francfort, one at Erfurt, and half-a-dozen on the Rhine. By a further *tactique*, I reduced my sphere to the Rhine. But still there were several on that

stream, each possessing its own particular advantages. I rather leant to one near Coblentz, where there is an English church, a lovely scene, a reading-room with English papers. But there is another at Roland's Ecke, the very heart of the Rhine, surrounded by beauty, continual expeditions, steamers hourly up and down. A very influential member of our circle fixed me down to Boppard, where there are, however, two water-cure establishments. I submitted to this narrowing of my range, and we prepared to start, and I congratulated myself that I had done something, that I had hauled to windward. I had got my own way, or nearly my own way, and that without any serious blow up with my counsellors. There is a wonderful difficulty in differing with people and yet keeping on good terms with them; only place yourself in your director's hands, and give way to all his views and injunctions, and all is right, your amiability and strong good sense are acknowledged, but venture to doubt the force of any one position, and each point of difference of opinion becomes a field of combat; the symmetry of the whole arrangement is destroyed, and the director becomes violent.

I kept on pretty good terms with my allies, although German-like, I would not yield the Rhine—den freien deutschen Rhein.



CHAP. III.

How the Author sets out on his adventures—Moralizes—Packs—Travels—Inns, &c.—Vetturini—Railroads—Papal anti-railroadic wisdom—Passports—M. Bourgoïn—Hydropathic hopes—Anecdote—Arrival at Boppart—First view of Marienberg—The Poste—Hotel and its inmates—Soufflet—Gallic presumption—Opinion of mine Host which does not move me—Author goes slick away to Marienberg.

WHEN one has passed a certain time in a place, and has taken root there, a move is a matter of serious consideration. On the Continent, one always pays ready money, or settles weekly, and thus, there is little trouble in the financial arrangement, but there is still more to do than one cares to undertake, especially when there is any degree of valetudinarianism to contend with. The route, the means of conveyance, the halts for rest or lionizing must be pondered, and lastly,

the translation of the contents of the drawers to portmanteaus,



bags, and etuis, this is onerous and vexatious.

Switzerland is not a bad country to travel in: there are indeed no post-horses, but there are abundant Voturier, who convey a family commodiously, *if* the members of the same be not in a hurry. The Inns are admirable; clean and well ordered; there is usually a tolerable bill of fare, and one fares pretty well as to bill. The Swiss are accused of being exacting, I have never found them so, and I have met with some of the hotels as good as any in Europe. The one which I have found the best, *par excellence*, is les Balances, at Luzerne, where one meets with comfort and attention which cannot be exceeded. There are several monster hotels, where

one is treated well enough, but I prefer such a house as the Balances. Then the roads are good, and most interesting, as will be found on consulting tourists, of whom so many have given their impressions to the public ; in fact, there is very little to say about journeys, after one has assured the anxious reader that the Inns are good. I see, many writers tell what they had for dinner ; I do not know that I should have done so under any circumstances, but, as at the time in question, I had very little desire for food ; the bill of fare is so much the more faintly impressed on my memory. I have also mentioned that the roads are good. Macadamizé, Scotland again ! and that the Vetturini are good fellows ; one finds these wanderers all over Europe, and are found at points the most remote from their native land ; the Italians and Swiss are especially addicted to this trade ; we find one, an Italian perhaps, at Milan, his home is Naples, but he is quite ready to enter into compact to carry a party to Paris, or Calais, I never had the curiosity to try if one of them would start for Moscow. I can have little doubt that the wandering Jew is a lohn-kutscher ; I am sure he ought to be. I was once sitting on the box and chatting with the coachman, he had told me his history, as to where he had bought his horses, whither he had travelled, what families he had conducted. I asked him, where was his birth-place. Tuscany ; I congra-

tulated him on coming from the best part of Italy—that he belonged to so industrious a race—with philippic against the thievish Piedmontese, the cowardly Neapolitans, the insolent, vicious Romans, when he broke out, “ Ah ! but the dear Papa is at Rome.” I congratulated him on his attachment to the head of his church. *Vetturino*. “ Yes ; the church is good, and I love my priest, but the Papa is a wise sovereign.” I was at a loss ; my admiration for Gregory was great, as it ought to be, but how searching must have been the wit of the coachman to discover his skill as a ruler. I never heard any one doubt that the Roman State is the worst governed in the



world ; the subjects are well aware of this fact, coachey

therefore could not mean to insist upon good administration; no, it could not be that, let him speak for himself.

Vet. Ah! the Papa is so wise, he knows what is good for Italy; he loves us all.

Hydropathist. Pray how does the pontifical love of his holiness shew itself?

Vet. Oh! he does not allow innovations; he will not permit Italy to be destroyed by novelties.

Hyd. Well, that I admit; but how does such wisdom affect Italy for good?

Vet. It is clear all Europe is overrun by hordes who do not remain long enough to do any good to the inhabitants; but our good Papa watches over our interests, he has preserved us from the curse of the human race, from—railroads.

It was slow in me not to ascertain this point of pre-eminent virtue in the Pope before, but having previously settled in my own mind that the old monk, though I hope a good man, yet was my beau ideal of a bad ruler, I was scarcely prepared for the disinterested adoration of the Vetturino. He did his duty faithfully to me, I mean the coachman; so did the poor old Pope, for he did the deed by which he could the most benefit the world, he quitted it. Railroads have done much for the inhabitants of Europe, not so much, indeed, as Hydropathy may effect; this preserves

life and fortifies man, but railroads humanize him, and extend the soothing benefit of commercial intercourse to all lands. What a change has taken place at the French frontier, formerly such an examination of passports ; your own taken from you and a provisional one given to prevent your being apprehended. I once had a great friend at Boulogne, he was by trade a tailor, and a very ugly little tailor ; I passed half an hour in his shop, almost every day, and chatted with him



and his ugly wife, and uglier daughter ; beauty is scarce in France. My tailor was not a man of printed books, but he had seen a good deal of man, and he is the true book to read.

He had measured Napoleon and one half his marshals ; he had tailored for the emperor of Russia, and the king of Prussia, and Wellington. I once asked him on what subjects they had spoken to him. “ Oh ! ” said he, “ they spoke to me as any other gentleman does to a tailor.” My friend, M. Bourgoïn was great upon the privileges of the French citizen. I once objected to passports ; what was my surprise when he exclaimed, “ Passports ! my passport is the charter of my independence, the irrefragible testimony of my personal identity ; why, Sir, what proof have you of your citizenship ? I indeed believe you to be M. le Major, my excellent customer.” Here the ladies half rose, and simpered acquiescence. “ But, Sir, you are dependent for recognition on the good will of those around you, whilst I am a free citizen, acknowledged as such by my King, I am Antoine Bourgoïn, and here is my passport to prove it.”

In spite of this testimonial advantage, I never could away with the trouble of passports, and the sundry tips which were required at the operation of *visé* were not likely to increase my favour towards them, and then the strict examination of luggage ; I never had a good kit, and therefore feel little inclined to see it paraded for the inspection of the public ; but at Sarre Louis, where the train stops, soon after leaving Basle, for examination on crossing the French frontier, pass-

ports are not even asked for, and the examination of baggage is quite nominal, in proof of which only twenty minutes are allowed for examination of the luggage of from 50 to 100 persons. And why is Monsieur so civil? it is quite clear; were he not so, the tide of voyageurs would take the right bank of the Rhine, and go by Freybourg and Kehl, Louis Philippe wishes to have the trade to himself.

I was happy to be fairly launched on the Rhine; I like the Germans, I like their language, I like their likeness to ourselves, I like them for all their inventions, and especially for their invention of Hydropathy. Had they invented Hydrophobia, it would have been more natural, but perhaps the rationale is, that water is physic to them. I have always found myself at home with the German, and the termination of my voyage in a German steamer was most agreeable. As I approached the scene of my water discipline, I became nervous and excited: I was to enter upon a new life, to be in bondage to the water-gods, and although I was sanguine as to the results, still in all medical treatment, each case affords a problem to be solved upon its own data, and, moreover, it was not yet quite settled where I was to find my tub of rest. I have already mentioned that there are at Boppard two establishments; it was for me to determine at which I should seek the healing water.

Some years ago, I was lounging on a sandy plain in England, awaiting the arrival of the drill and guards: the day was as hot as Africa. I observed two men working hard, sinking a well: they had got down about ten feet, and were apparently finding always sand, drier and still more dry; the only apparent moisture was the sweat of the brow, which was most copious.

Do you expect to find water there?

Workey. Oh! plase your honour, I'm afeard we shall.

I. Afraid to find water! why, what are you looking for?



Workey. Oh! plase your honour, I'd like to find beer, jist for wanst.

Now I hoped to find something more than water,

at least more than I had ever believed water to be. I was also desirous to ascertain whether Boppard was a liveable place. As we approached it, my doubts were set at rest as to its beauty. A splendid back-ground of hills, while the gardens and vineyards feathered down to the Rhine, whose surface is speckled with skiffs, and their monotony oft broken by steamers passing *zu berg* or *zu thal*. One object caught my eye ; a vast building, which I took for the Schloss, the protecting fortress of the place, now converted into the residence of the reigning Graf. But what was my surprise to find that this imposing mass of “bigget land” was Marienberg—St. Mary’s Hill—one of the water cure Anstalten. The other was pointed out to me half a mile down the river : a pretty, low, Italian-looking building, surrounded by woods, and with a lovely view of the river ; tempting enough, I own, but then my affections were already engaged to Mary. We were landed at a floating pier ; a crowd of gazers passed us in review. I patiently submitted to be scanned, hoping perhaps that some other of the party would pass for the diseased member. We were led up a narrow, perhaps unsavoury alley, to the square, one side of which is occupied by the Cathedral, another by the Poste, the interior of which latter forms a platz of itself, the gate and a row of acacias alone being apparent, and forms one side of the square. On entering the portal, on the left is the Poste-Haus, and on the right

the Poste hotel, to which we were wending our way. At the door we were welcomed by the good fat landlady, smiling as all land-

ladies do, but I have since known that the smiles of Madame La Forgue were indices of the most amiable disposition. Never will I ascend the Rhine without passing a day or two at Boppard, dining at the Poste, and spending my day among the water gods.



But as to the hotel, the bed-rooms are undeniably the very perfection of cleanliness; and before we had fairly taken possession, located our traps, and washed our hands, dinner was ready, we were seated at the board, and a most comfortable meal set before us by the ready hand of Gretchen. Good, active girl! she was not only head waiter, but head of all the household goddesses who performed the various duties among them, always busy, always cheerful, but never in a bustle. The cookery of the hotel cannot be surpassed. There was no attempt to astonish

by the variety of dishes, the different applications of grease, as is too often the case in Germany, but a good, well-dressed dinner of soup, two dishes of meat, and a mehlspoise. This last would have made Ude jealous. If he says, that he ever saw made, or caused to be made, a better soufflé than those served up at the Poste, admirable in all its qualities, as relates to light sponginess of texture, delicacy of flavour, pureness of composition, elegance of serving, warmth of temperature. If he or any such assert, or shall assert that he or they, jointly or severally, can send up a better, more ably planned, or a more exquisitely delicious soufflé than Madame La Forge's, then I hereby brand them all as mendacious Gauls.

After dinner we saw the Herr Wirth. A German landlord seldom does much, leaving all to the womanhood ; his is usually head work, *i. e.* making out accounts and tasting his own wines. With M. La Forge, however, I had much to do. I wished his opinion of the water cure Anstalten. I found him in favour of the lower one ; but as he could say nothing against Marienberg, nor indeed did he appear to wish to do so, I was not turned from my first love, and as soon as a reasonable time had been allowed for the soup, bouilli gebratenes and soufflé, which I had swallowed, to become better acquainted, I and my son walked off to wait upon the doctor-director of the Anstalt.

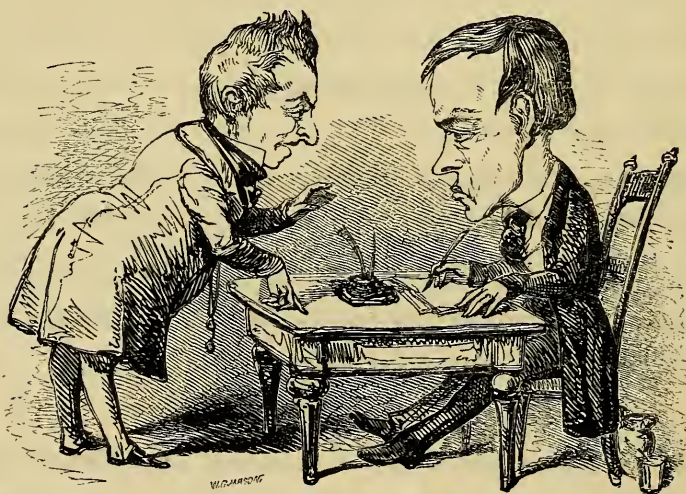
CHAP. IV.

THE ANSTALT.

The Anstalt—The Doctor—The Verwalter—Rooms—Baths—Dr. Halmann—Grub arrangements—Enlistment—Author passes in Review—Walk—Castles and Legend to match—Boppart—Hauptkirche—Whitewashing—Excuse for the want of taste—Lutheran Communion—Shrine at Bornhofen—Pilgrim's Procession—Enters the Anstalt—Dinner—Dessert—Bademeister.

THE walk from the Poste to this seat of health is only a quarter of a mile. The path lies through a vineyard, then rich in fruit, and Marienberg stands most invitingly on its little hill. In front of the convent, for such it originally was, is a handsome terrace, which usually serves for a promenade for those who are unable to scale the mountain, and when we reached it, about a dozen patients were pacing about or lounging on the benches. In a prominent position is the

fruit market, where a half a dozen old women or girls were offering fruit for sale, the use of which is much recommended to the patients. The stock consisted of excellent grapes, delicious pears and apples; walnuts were also to be had, but it would appear that these last scarcely came under the sanction of the doctor. On my asking the porter if the doctor superintendant was at home, I was ushered into the



apartment of Dr. Halmann, to whom I told my tale. I had little to say, beyond what my want of condition expressed most forcibly. The Doctor heard my case generally, and then put me into the hands of the verwalter, who shewed me different suites of apartments. I selected rooms which had just been vacated by a French family; the rooms were

spacious and light, one of them having a handsome balcony of 24 feet by 12. I was then shewn over the baths. They are of every possible description. The voll-bad, or plunge-bath is the most beautiful of its sort; there are two in the same apartment, each is about 16 feet by 10, and above 5 feet deep; they are lined with Dutch tile, and have steps of the same material; the temperature, 9° Reaumur, which answers to about 52° of Fahrenheit: the set of douche and brause bäder is most perfect. Another apartment is devoted to wellen or wave baths, two large rooms for sitz baths. Such are the male portion of the establishment, and there are nearly as many devoted to the use of the ladies. We inspected the spacious salle à manger, the reading room, numerous corridors, billiard room, &c.; and having been thoroughly satisfied, that the arrangements for the hydropathic system were as perfect as possible, I returned to the doctor. Dr. Halmann has a continental fame. The establishment was formed by a Dr. Schmitz, who has shewn great skill and taste, both in the adaptation of the parts of the old convent, to the more useful purpose of water cure, and in the ornaments with which he has decorated the same. Although Dr. Schmitz was said to be a man of talent, yet he contrived to disgust the patient, and finding that his shop was losing credit, he engaged Dr. Halmann to take charge of it, and the establishment is now entirely and ably conducted by this

latter gentleman. The only part of the arrangement which still savours of the original director is the eating department, he having before his departure made a contract with a publican in the town to supply the table. Many complaints were made, and at last the patients were allowed to mess in the town if they preferred it, which immunity was enjoyed by about half a dozen of the patients, of which I and my party formed a part. This objection is now removed, the contract having expired, and the whole business of the place, mess included, is now under the charge of the Doctor and the verwalter. Dr. Schmitz has been fortunate in the selection of his successor, Dr. Halmann, who is a superior and highly educated man, has written several scientific medical works, and has fitted himself for the office he now holds, by a year's residence at Gräfenberg. I was again ushered into the presence of the learned M.D., who put me through my paces; and after a very few questions, engaged to make me all right. I hereby assoilzie the said M.D. of all responsibility on my account as regards this bout; he more than fulfilled all he had promised, and turned me out sound wind and limb, and free from blemish. It was arranged that my party should take post on the following morning, and open the trenches, by fouling a trencher. As I passed out of the convent I had again to encounter the group of idlers, and now I was conscious of having committed myself: I had taken the



shilling. I was attested water-recruit ; and as I passed through the assembly of patients, I saw that each eye was fixed on me ; some stared at me as a specimen of nature's decay, others merely gave a glance, as though they designed not to bestow a thought on the water-cure Griffin. The eyes of a lovely one were raised from her knitting to cast an eye of sympathy on the old gentleman, and again returned to the stocking, on which she lavished far more interest. We returned to our hotel, and took a walk along the banks of the Rhine. The walks about Boppard are highly interesting. Down the river there is a distance of three or four miles, flanked on one side by the river, on the other by groves, vineyards, old castles, and elegant mansions. Up the stream is to be found a continual variety of interesting objects, especially a view of the village of Bornhofen, and the two castles called the Two Brothers, from a legend to the effect, that the castle to the westward was the family mansion, in which resided two orphan brothers, who were devoted to each other. A bone of discord was thrown between them in the shape of a lovely girl, on whom each fixed his affections. The younger brother having become very bilious, history does not record whether from the effects of unrequited love, or from the too free use of sour wine, but probably from both, he would no longer adhere to the family joint-stock company in house-keeping, and there being then no water-cure anstalt at Bop-

part, he built the other castle at the distance of less than a quarter of a mile, and waged war against his brother who occupied the original chateau, and by his unnatural conduct, afforded a very bad moral example to the age in which he lived ; which social delinquency is somewhat atoned for, especially to the lovers of the picturesque, by the interesting appearance of this monument of family feuds and fraternal oneness in sweet-hearts. The town of Boppart is full of interesting remains. In every street are to be found specimens of the architecture of the early ages. The castle is very old, some part of it is said to be by the Romans. The Haupt kirche is very fine ; it has a double spire, which is at least to be remarked on account of its singularity. The outside of the church is much disfigured by being whitewashed. It is still a noble pile ; but it would be very much more so, had the walls being allowed to retain their natural grey tint. This savage whitewashing was first adopted to hide the mottled appearance which the church acquired when it became necessary to point it up, when the new mortar contrasted with the old stone, produced the appearance of a pair of corduroy breeches, which so shocked the proprieties of the sisterhood at Marienberg, that they begged the existing Dean of the Cathedral to draw a veil over the unmentionables. At the lower end of the town is the Carmeliter Kirche, now in a dilapidated state. The roof however is entire, and it

might be well employed as a place of worship. Some time ago the small Lutheran community applied to the authorities and received permission to convert it into a Lutheran church. This however gave mortal alarm to the other party; the Bishop of Treves, who was engaged in tailoring *the coat*, was petrified at the idea of the occupation of this consecrated pile by the descendants of the heretical Martin, and it was represented to Government, that the former abode of the Carmelites was required and employed as a town granary. The permission was withdrawn, and the small band of Lutherans were in dismay, when, by the blessing of God, a means of worshipping according to their own views was raised up for them. A Lutheran clergyman, who possessed a small independence, came to live among them. He undertook the pastoral charge of the small flock gratuitously, and he performed all the functions of a parish minister without fee or earthly reward; and from his own funds, and by the assistance of some pious associates, he has fitted up a commodious place of worship, capable of containing two hundred persons. I was only able to attend service once there, as we had a small congregation at Marienberg at an hour which did not well admit of my going to the Lutheran church; but on that one occasion I was much struck by the plainness and scriptural views of the preacher. I was several times in the Hauptkirche, which was filled by at least a thousand persons, who

appeared much occupied in their devotions. There seemed to be services with which I was not acquainted, nor had seen in other Catholic churches—Litanies in the vulgar tongue, which the congregation chaunted after the priest. There is another interesting circumstance at Boppart. In the old castle at Bornhofen, is a shrine of notorious sanctity, to which numberless pilgrimages are made. Scarcely a day passed but we saw one or more groups of 100 or more pilgrims, who assembled near Kamp, on the right bank of the Rhine, and marched in procession, headed by a crucifix, and chaunting hymns in honour of the patron saint of the shrine. On one occasion a procession was met by one of our Marienbergers, who did not make obeisance to the procession. He was pursued by the more active of the pilgrims, his hat knocked off; and he was indebted to his own nimble feet for escape from these avenging spirits. They were in general most peaceable, and always most picturesque. Fatigued with a complete examination of Boppart, we slept without rocking; and on the following morning I took a dive into the Rhine, as an easy introduction to the more solemn duties of Marienberg; and as soon as we had breakfasted, we parted with our kind host and hostess, and betook ourself to the Anstalt. Our separation from Frau Laforgue was not to be a long one, as shall be shewn. I reported myself to the Doctor; and at one o'clock took my place at the dinner table. The viands

were fair enough, but there was but little attention paid to appearance, and the repast had too much the smack of the workhouse. That is now at an end, and the Anstalt dinner is much as any other table d'hôte. After dinner the dessert is purchased at the fruit-market, at the door, on the terrace, and a very admirable topping-up is to be procured. I felt at a loss the first day in my new position ; I ought to have said, I felt like a fish out of water, as my course did not begin till the following day. Others were busy with their divers waterings, while I had nothing to do, like a lad who has just joined, before he is appointed to a drill squad. So entire was my confidence in Dr. Halmann, that I had not even asked the nature of the discipline, which he proposed for me ; and when I turned in, I was ignorant of how I should be wakened up. I only knew that I was in the hands of the Bademeister, who is to the Anstalt, much what an adjutant is to a regiment of the line, carrying into effect all the plans and orders of the commanding officer. I was handed over to this authority, who had received orders to drive the gout out of me. I soon formed an alliance with this officer, and found him to be an intelligent and most obliging person. He was actively employed during the whole day, knew and directed what baths were to be used by each patient, and as he flew about the corridors he might have passed for an adjutant or sergeant-major of light cavalry, to which func-

tionary I have already compared him. The Bademeister had appointed Jacob to wait upon me as valet, packer, &c. I may mention that Dr. Halmann speaks English fluently; but the servants of the Anstalt speak only German. Nevertheless, many English residents at Boppard who did not speak that language, appeared to speed wondrous well.

CHAP. V.

TREATMENT.

Preparatory, dominical Introduction—Grand attack—Einpacken—Plunge bath—Sensations—An-binden—Sortie—Pedestrianism—Dejeuner—Moderation in grub recommended—Author writes to his kinsfolk—Brause bad—Keep moving—Short resumé of the delights of the two first baths—Sitz bath, a bore—Man a gregarious animal—Assemblage rather comical—Eventide walks—Supper—Turn in.

ON the following morning I was awakened by Jacob at half-past four, who requested me to jump out of bed, which cooling prescription having been followed, he laid on the bed a double-milled blanket (it is always a part of my baggage now), on which he spread a damp sheet, and suggested the propriety of my lying down on the same, which I did, and he tucked me up in it, leaving out the feet, and then he packed the thick blanket over feet and all, tucking it in as if

he would throttle me. Then came the eider-down couvre-pied tied on my chest, and two more blankets, and over all my blue cloak. At first my sensations were those of a man who lies down on a wet sheet; but after four or five minutes every disagreeable feeling vanished—and within half an hour I was fast asleep. By half-past six or seven I was in a perspiration, when I was put into an empty tub, and a sheet being thrown over me, sundry buckets of water were poured upon my head; and when I was thus well ducked, two attendants rubbed me dry with a clean sheet, and so ended the introductory scene. I was desired to drink three or four glasses of water, and to take a brisk walk (tüch-tige Spaziergang); after which I breakfasted, and at eleven o'clock I had the brause-bad or shower-bed, which finished my water performances for the day. On Sunday the latter operations are remitted, that the attendants may have at least half-a-day of rest. I have mentioned the first day's operations in a very cursory manner; it was but a prelude to the grand system of attack, by which Herr Gout was to be dislodged. I was not pleased with what I had already done. It appeared to me that I should soon be sick of the treatment, and I began to speculate upon making some excuse to cut and run. This feeling gradually wore away, and having thus begun on Sunday, by Thursday I was not only reconciled to, but enamoured, of the cure. During my whole stay at Marien-

berg, I never missed one bath, nor once neglected to drink my prescribed glasses of water, nor failed to take a sharp walk after each bath. I may mention, that the British are accounted the most regular patients, and the most obedient to authority. On Monday began my great course. At half-past four I was eingepacht, but without the application of the damp sheet, three blankets, a feather-bed, and my military cloak, forming the packing, and I was left alone. The sensations produced are most agreeable and soothing. I never swallowed opium; but from the accounts I have read, the sensations I experienced, were of the same nature as those produced by the use of that drug. Two hours, or two-and-a-half, passed away without tedium in a kind of dreamy dose; and when Jacob visited me, he found me in a profuse perspiration, and judged me quite ready for the plunge bath. He took off the cloak, bed and upper blankets, and loosening the thick remaining blanket at the bottom, exposed my feet, and put on my slippers, so as to enable me to hobble, not more than my own length, to the wheeled chair. As my arms had been tightly laced down to my sides by the indefatigable exertions of Jacob, I was much like a mummy, unable to move hand or foot. I was lifted up, set on end, (the slipper end), and assisted to the wheeled chair. As soon as I was debout, my cloak was thrown over my head, and again a sheet

over that, in the form of a monk's cowl, and a towel bound



tightly round my ankles ; thus the escape of caloric was obviated. My one man chay was rolled to the trap-chair, and I was in a moment lowered into the bath-room, on the rez de chaussée, where the Bademeister and his deputy received me with kindly greetings, and in a trice divested me of all my wraps, and told me to plunge into the bath. It looked clear and blue, the sun was shining into the room, and its rays glancing on the water ; the scene might truly have been styled inviting ; but it occurred to me that the change of temperature would be disagreeable, and I rather funkcd.

This feeling was but momentary. I scrambled into the bath, and soon found it most agreeable. In a few days I found the plunge bath (after the introductory perspirations) so attractive, that I longed for the time of its enjoyment, and during my walks I enjoyed it by anticipation. After a short swim in the bath I got out, a dry sheet was thrown over me, and I was rubbed unmercifully by two pair of hands, my cloak thrown over my shoulders, my slippers put on, my sheet formed into a cowl, and I scampered off to my room, where I found the attendant Jacob, who performed the mystery of the an-binden. It is thus : a strip of coarse linen cloth, about a foot broad, and long enough to go three times round the body, is wetted at one end sufficiently to admit of the damped part going round the body, the dry part of the bandage covering that which is wet, and excluding the air ; the attendant stands still, holding the dry end, whilst the patient applies the wet cloth, and rolls himself up tightly and ties the strings to keep all snug. This bandage must be put under the ribs, so that the play of the lungs be not affected : It is worn day and night, and only removed to be redamped, in the morning after the plunge bath, at midday after the douche ou brause bed, at 5 P.M. after the sitz bath, and perhaps again on going to bed. This is one of the grand discoveries of modern science, and supplies the place of seidlitz powders, and such like abominations. I then finished my

toilette ; with me the reaction was so very strong, that I was able to do this ; but in general it is better to huddle on the clothes and walk at once. I was generally out by seven o'clock, and having during my toilette, and in the court, drunk my five glasses of water, I started with alacrity straight up hill.

For the first four days I messed at Marienberg, after which I and my party took our food at the Poste, where our excellent hostess, Madame Laforgue, gave us “ the best of victuals and the best of treatment.” The same plainness being observed as was followed at the table of the Anstalt, my breakfast was always the same ; and although it may seem but a homely meal to one who is accustomed to pamper his appetite, or, who having heated the coppers the preceding night, requires something more pungent than milk to please the palate ; yet, to a man who has been up early, and who has passed his time in the active manner I have described, to such a man the simple fare I am about to mention is most delicious. The great foundation of my meal was sour milk ; this is an excellent preparation, and one to which all who use it become much attached. It is just what the words express, sour milk. I took pains to find out, and ascertained that the sourness is produced by no artificial means. The milk is allowed to stand forty-eight hours in a cool cellar, the vessel in which it is kept being upright, as a gallon

measure. The milk becomes solid, and looks like poor blanc mange. It carries a cream on the top, which most people remove, as it makes the mess too rich. It *must* be good, rich milk, to make this preparation. Since my return to Britain, I have tried to obtain the same article, but I have hitherto failed, which I attribute to the vicious extension of the water practice. If the cow be milked in the neighbourhood of the pump, it is needless to attempt to make the refreshing preparation to which I allude. To return to my meal: to about a pint of this sour milk, or rather less, I added half-a-pound of grated rye bread, a good deal of powdered sugar, and a glass of sweet milk; such, when well stirred up, was my breakfast, topping up with two rolls and butter, and I considered it enough, though I am ready to back myself to eat a hatfull or more; but I have found it one of the grand secrets of healthy feeding, to leave off with a good appetite; and I was satisfied with this most temperate breakfast, to which I only added a couple of pounds weight of grapes, apples and pears; after which I suffered from no heartburn or disagreeable feelings, as I have often experienced after eating, and I was in the lightest and best of spirits. I then retired to my room, where I occupied myself for a couple of hours in reading, writing, &c. It is notorious, that the water-system induces listlessness—one has no desire to exert the mind. I usually read only some light German work, and

not much of that. I took pleasure in writing to my friends an account of what I was doing, entering fully into all particulars, and telling them how happy I was ; and I have reason to believe that they thought I was on the eve of being cognosced. At eleven o'clock, or a quarter after, I went to the brause-bad. This is too delightful, it requires a day or two of practice to enable the patient to enjoy it fully. The water at Marienberg is all very cold, and one must never stand still for above a few seconds at a time, and must be ever employed in rubbing the parts of the body which are exposed to the silvery element. The bath is a square room, 8 feet by 6 feet. The shower above consists of a treble row of holes, drilled in a metal vessel, about one foot long, and at an elevation of eight feet from the floor. There is besides, a lateral gush of water, in bulk about equal to three ordinary pumps, which bathes the middle man. When I entered the bath, I held my hands over my head, to break the force of the water, and having thus seasoned my knowledge-box, I allowed the water to fall upon my back and breast alternately, rubbing most vigorously with both hands ; the allotted time for this aquatic sport is four minutes, but I frequently begged the Bademeister to allow me a minute or two more ; especially when, for reasons which shall be given, the douche was substituted for the brause-bad, and I required often six minutes, to be enabled to give all my weak members

a dose. At my sortie, the Bademeister threw over me the dry sheet, and he and his assistants rubbed me dry to the bone, and left me in full scarlet uniform. After this bath, I took at least three glasses of water, and a most vigorous walk. At Marienberg, there is a delightful variety of promenades, and I had many agreeable acquaintances of all nations, which made this part of the treatment most highly agreeable. I never walked less than an hour at



this time, generally a good deal more, and allowing only five minutes to wash hands, or to put on a clean shirt, I was more than ready for dinner at one o'clock. In the water-system, there is no restriction as to quantity, provided only that the food be plain, and the drink water. A good soup, with lots of rye bread, a good roti, with two or three kinds of vegetables, and a capital sweet soufflet, pudding, or so on. The meal concluded by a very ample dessert, similar to that enjoyed after breakfast. At three o'clock I took a rational walk, and enjoyed the society of my own party. I ought to observe, that it is no part of the system to drink much water

at meals, I only took as much as I required to slake thirst. After the baths, is the favoured moment for a good swill.

I have given some account of my daily baths, and on reading over what I have written, I feel quite ashamed of the coldness of the recital of all my delights, the recollection of which makes my mouth water. The reader will observe, that I am a Scotsman (proverbially a matter of fact race), an old fellow, my enemy would say, a slow coach. I might enlarge on my extatic delight in these two baths, my healthy glow, my light-heartedness, my feelings of elasticity, which made me fancy that I could trip along the sward as a patent Vestris. I might go much farther, I might indulge in poetic rapture, most unbecoming my mature age; and after all, fall far short of the reality. The reader will do well to allow a large per centage of omitted extatic delineation in consequence of want of ardour on the part of the writer. This is in fact due to justice.

The remaining bath, which was taken about five o'clock, is by far the least interesting in fact. The sitz bath would have been a bore had it not been taken in company. Were it not for this agreeable means of whiling away the quarter of an hour, devoted to the sitz bath, I think that I should have found out that it was not required in my case. As it is, I do not know to which of the ablutions I am indebted for the admirable result produced.

Many of the patients, as a prelude to the sitz bath, take

the *abreibung*, called in England, the dripping sheet. I was not ordered to do so—and the course first prescribed was so agreeable, and so satisfactory in its effects, that I was loth to make any change. The *sitz* bath-room contains ten or a dozen *sitz* tubs. I arranged so as to occupy my tub in company with many others; and the *coup d'œil* was sufficiently ludicrous, to see the tubs set round the room, each containing a man, of whom you saw only the head and the heels. They were also natives of different parts of Europe, and we heard complaints or directions given in English, French or German—the *donner wetter* prevailed, it was the only class of invective which the *Bademeister* could understand, and the German is more hostile to cold water than any other nation of Europe, perhaps excepting the Russians, if these semi-Asiatics are to be classed with Europeans. For some days I passed one-half of my *sitz*-bath time in laughter at this interesting group. I usually drank three or four glasses of water whilst sitting, and having been rubbed dry, I started for a long walk; my two previous ones were up hill, at eventide I usually walked along the river, not less than three miles and back. On my return at about half-past seven, I made my concluding visit to the *Poste*, and enjoyed my evening meal. It was rather amusing to observe the German traveller, who, whilst he was taking the ordinary supper of hot cutlets, potatoes, and sour kraut, with at least

one pint Rhine wine, saw me and the other Kurgäste, devouring potatoes and milk, or some other simple preparation. The supper might be compôte of apples, or pears, and milk, or soupe au lait; but potatoes and milk was my favorite food, which sometimes was varied by mashed potatoes (*kartofel mus*), and concluded by a couple of rolls and fresh butter. The succeeding hour was passed in the reading-room, where there was a good supply of English, German, and French papers; or in the billiard-room, where a dozen men played a pool for silver groschen, or sometimes we got up a concert. By half-past nine I was more than ready for bed; by ten I was always in full snore, and slumbered on till the constant Jacob aroused me to begin the day of soft delight. Such is the course of a water-cure, unchanged but free from tedium; the healthy effects are so apparent, and the process so pleasing, that no one can complain of tiresome sameness. It is rather an unvarying repetition of good results. Some of the patients were subjected to a less agreeable course; but as they found that they derived benefit from the treatment, and that one of the effects was an absolute absence of ennui and low spirits, they did not complain. At this hour of the night none could have complained, for by ten all were asleep.

CHAP. VI.

THE ANSTALT AND ITS INMATES.

Marienberg Society—No gossip; Author moralises a bit—Baron von Feuerschlucher; how he was ducked—The Poet and his bride; the mourning Turtle—Hebrew and others—Committee des Vergnügens—Expeditions—Bademeister and his treasures—The Fair—Gymnastics—Wasser kur Liebe—Capillary attraction.

THAT a water-cure establishment must be airy and commodious, with a plentiful supply of pure water—that it be directed by an able Medico—that the attendants be adepts in their office—and that there be the means of taking exercise—all these are necessary to the very existence of the Kurhaus; and all these Marienberg possesses in great perfection—but there is still an ingredient, failing which, such an establishment is wanting in power to produce the most favourable results; and, at the same time, to make the progress to cure

agreeable—I mean a pleasing society. In this particular, Marienberg was very strong, and the inmates appeared all to come to Boppart with the fixed resolution to do the amiable—to contribute to each other's well-being; and all appeared to be so much invigorated and enlivened by the course, as to be at once induced and enabled to fulfil their good intentions. It is not a discovery of mine. All those who have visited Hydropathic scenes know that the treatment invariably produces the same effects. The health is improved, people are not bilious, they are occupied with their own matters, and have no time to undertake the care of the concerns of other folk, nor do they care about the opinions of others; thus there is a total absence of what may be called the what-will-Mrs.-Grundy-say-ism of society, which, I may venture to say, degrades the tone of society in this our native land, unworthy as it is of an enlightened and upright people. During my stay at Boppart, I heard no gossiping, no idle tales; there was no cold-hearted carelessness about others; none of the sordid exclusiveness which one too often sees in British society, which is assumed by some from foolish pride, and by many dull men for self-preservation, who hope, by silent reserve, to make society believe that they have something in their heads, but whose vacuity will not remain concealed; whereas, by entering into the feelings of others, contributing to the agrément of their fellow men, and bearing

their share in the easy labour of sociability, they would become current for at least all they are worth, and be recognized as valuable items in the ponderous and interesting mass of social life.

The society at Marienberg numbered about seventy persons, of which three-fifths were gentlemen, and at least one-fourth, of the whole, were natives of Great Britain ; each country in Europe, or nearly so, was represented, and even Columbia sent a member to the water-congress, and the compound was not less valuable in my eyes from the presence of a wheen canny Scots. Such were the national components. Whilst under a division of callings, I have to mention two philosophers, one most distinguished novelist, a poet, two reclaimed physicians, several members of different branches of commerce, three or four veterans, some young soldiers, two Gräfen, one baron, two students, and one Lutheran pastor.

School-boys generally find that they form alliance with those who enter the school at the same time as they do—such is naturally the case : they are ushered together into a new sphere of existence, and each feeling the awkwardness of being associated with a crowd of strangers is naturally drawn towards those with whom he suffers loneliness in common. Then they probably pursue the same course of study, read out of the same book, sit next to each other at table. So were we thrown into the society of a gallant old soldier, a Pomeranian, Von ——. He had served under the Russian

standard in command of a squadron of horse. He had assisted in that great struggle in which the freedom of Europe was established. In performing his part in that great drama, our friend had received divers wounds; and at the great catastrophe, the conclusion of a general peace, he had retired to his estates, taking with him an old soldier, who has ever since been his attendant, and many scars, the impression of which he will still carry to the grave, and the effects of which on his health was the chief cause of his travelling from the confines of Russia to the Anstalt at Marienberg.

The Landrath von Feuerschlucher was about sixty years of age. He had tasted the ills of life in his early years, and he felt for those who suffered. He had lived among his people, and thus acquired the knowledge of man. He knew that there is often much which does not come to the surface at the first stirring, and in any case there is something which, by stirring, unites the several parts of the compound. Two old soldiers are not likely to be in want of a subject of conversation; and we were so much in unison, that the *wie gehts?* of each succeeding day was re-echoed with an increasing warmth both of feeling and expression. He had sunk his military title in the honourable appellation of Landrath, by which he was always addressed by his servant Karl, and by which I shall distinguish him. The Landrath, although a fine specimen of an old soldier, was far from well; and I am happy to be able to say, that from six weeks

residence in the Anstalt, he received *marked* benefit. He was a little taken by surprise. He knew that he was to be well washed, but he was not prepared for the varied systems of sousings to which he was to be exposed. The first day of my grand operations—my occupation of the first parallel—I saw the energetic Bademeister throw the dripping sheet over the Landrath, and eventually pour on his head two pails of the coldest water. The Landrath issued *hunder million donner wetter*, *was für teufelrie est dies*, with sundry uncomplimentary remarks on the doctor, the Bademeister, and all his fry ; but after a couple of weeks, I saw my gallant friend, not only submit to this chilling process, but even demand a second course of the same fare, and all this only as a preparative for the sitz bath. He had a boy with him, a dear fellow, the father's pride and



darling, a most affectionate son of fifteen, but he laughed

with unrestrained vigour at the rage of his sire. Then the Landrath's debut at the plunge-bath was very rich; but to this he became more than reconciled, and ere long rushed into the azure flood, and dabbled about like a duck.

I must next mention a poet, an excellent man: his appearance was in harmony with the wild measures of his muse. He was newly married, and had brought his pretty little wife to pass the close of the honeymoon at Marienberg. He was not a patient, and business often called him away. It was an interesting amusement to me to laugh at the lovely bride, who, really mourning over the absence of her turtle, turned her anger upon the water cure. It was ever 'Ich kann mich ueber gar keine aus besserung ruhmen;' but on the return of the dichter, she acknowledged that she was much better, 'Ja whol, es geht gut, Es hört auf so lang weilig zu seyn.' The roguish son of the Landrath joined me in my play of torment, but the knave could not keep his countenance, and was often a Marplot when the bride was about to pour forth her mournings.

We had a Francfort Jew, a trader, who came to the Anstalt after a long struggle with ill health. When Dr. Halmann had examined him and gone into his case, he said that he thought he could be of use, but it would require four months to cure him. Then followed an appeal to the medical conscience. Could the Herr Doctor not do it in two months? He must

consider the value of time to a man in trade. The doctor was inexorable: nothing less than four months would do, and the Israelite closed with the terms, with a mental reservation that one-half the promised period should be passed at home, where, he said, there were the waters of the Maine, which are quite as clear as those of the Rhine. Our Hebrew had made some progress when I left the place, although not half the threatened time had elapsed. He and two brothers, who visited him, were always holding a sanhedrim.

We had another bridal party, a Hauptman, who brought his bride, a blooming fair, to our society; but her stay was short: she left her worst half, and went to prepare their future abode in the quarters of the regiment.

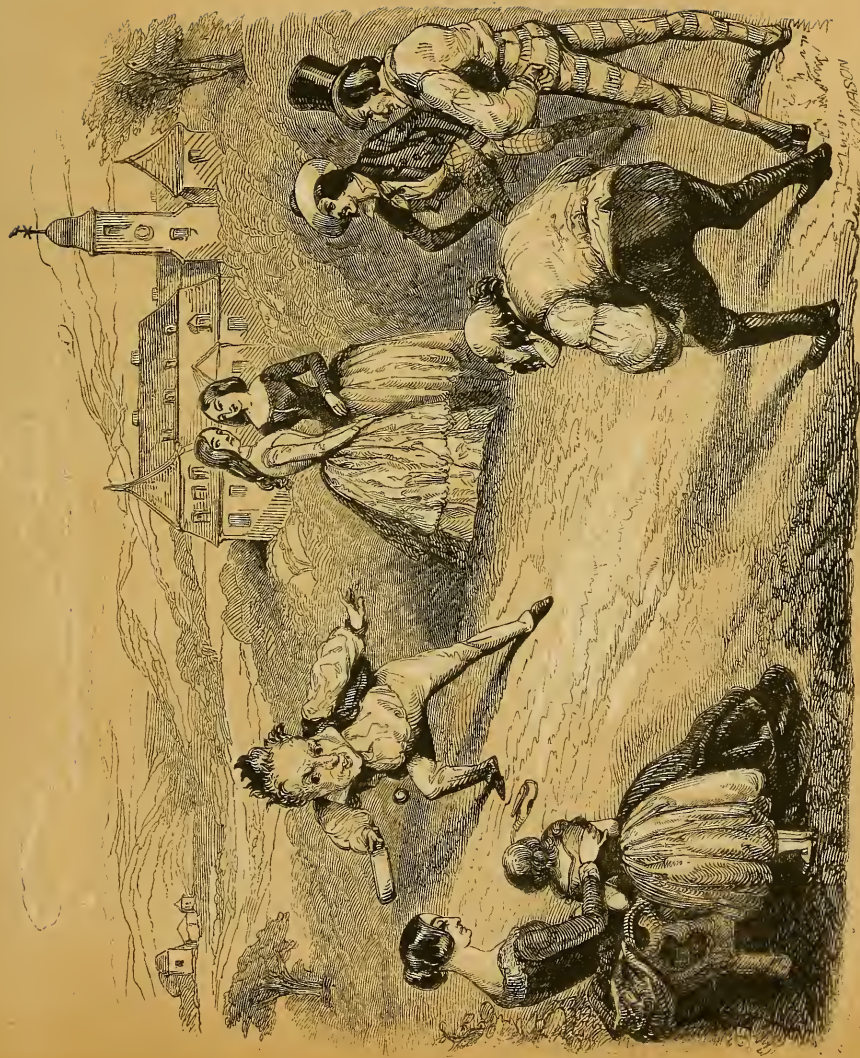


I found an old friend and brother soldier, who formed an

agreeable addition to our circle. I had three capital Caledonian allies, all sound, solid men; one of them was my especial chum: we walked, I doubt not, three hundred miles together, and much information did I receive from him about almost every part of the habitable globe, and of some parts which can scarcely deserve that epithet.

I was much struck by the acuteness of Dr. Halmann in the case of an old officer, who had sought the Anstalt in hope of relief from the effects of a paralytic affection. He was managed with great care; but as it appeared that he was deriving no benefit from the treatment, while some questionable symptoms shewed themselves, the Doctor suspended the course, and substituting another species of water relief, soon restored our excellent companion to his ordinary state of health, and made him a little better, he having been fortified by the water-gods; and then he left us, we regretting that water could not hold him in our society.

A committee of amusements had been appointed: it consisted of three gentlemen—two Germans, and an Englishman. They arranged expeditions, submitted them to the society; and when the plan was found to be agreeable, they took the entire charge of ordering vehicles, providing repasts, and paying the bills. This had a very good effect, and made a pleasing change. The Bademeister was sometimes of the party—a fitting convoy for so many of his flock. On one



occasion, a waggon containing a dozen or more was in some jeopardy. The genius of the waters feared that they might be late at home for the ordinary baths: he feared much more—that they might be capsized, and put beyond the reach of even water; “for,” said he, in explaining to me his anxious solicitude, “I had in the waggon six baths, three douches, and a wellen-bad.”

Two young ladies often accompanied these pleasure parties, under the care of their mother, and gave that refinement to the society which is not to be attained without a mixture of



the gentle sex. Their black eyes appear to have taken effect on the hearts of some of the young hydropaths, who returned home astonished at the new beauties which they had discovered in oft-visited scenes.

Frequently the younger members of the society amused themselves with athletic exercises : even leap-frog was resorted to, and relished. When any one of the party left the Anstalt, he was usually escorted to the steamer by an assemblage of the kurgäste, and a kindly *lebe wohl* offered. No opportunity was omitted to evince a kindly feeling between the members of the establishment ; and as the object of all was the same—the pursuit of health—there was no jealousy, even if it appeared that the presiding deity of the waters shone more propitiously on one than on another of her worshippers. The female patients formed a highly interesting sight in our morning promenades. As their hair had been wet in the plunge-bath, and as time could not be allowed for drying it, they adopted the simple expedient of allowing it to hang loose upon their shoulders, which formed a pleasing relief to the gents clad in every species of wraprascal.

CHAP. VII.

PROGRESS REPORTED.

Address to weak mortals—An Octogenarian Patient—The Author acquires another weak member—Conversion of a regular M.D.—Case of his Niece—Change in the Author's appearance—The Chamois Chasse.

IN a former chapter, I have given a sketch of a day's water-work; and in the course of treatment, one day is so like another, that it would be tedious to give further details. Some passages, however, may be noticed, whilst it must be strongly insisted upon, that each succeeding day offered new proof that I had adopted a wise course in commencing the water-cure. Oh! you misguided mortals, who, by a course of luxurious living, have weakened your constitution, and

then repair to the doctor to patch you up again, whilst he enables you to continue your system of comfortable self-destruction : do, I pray you, hear my words. Go to a water-cure Anstalt, and follow the injunctions of the presiding genius. Do so only for two weeks ; you will find yourself so much improved in health and spirits, that you will gladly continue to employ the means, and you will find, when you return home, that you have passed your time most profitably. And to those who have long condemned themselves to a series of pills, doses, and tonics, I beg such to believe me, that these are only respectable means of shortening life, and of making its ills more unbearable. Temperate living, and plenty of exercise, are the means by which man is kept in health, and rendered available for all the duties he may be called on to perform. If he be unhinged or out of sorts, a pint of spring water and an hour's walk before breakfast is the only safe tonic. Those who are suffering from chronic complaints, I would strongly urge to try the water-cure. I beg them to have some confidence in nature, and in their own constitutions. Hydropathy will not remove all the ills of life. Such a result is impossible. But while we are told by the only Book which cannot deceive, which cannot err, that man is born to trouble, we are no where commanded gratuitously to add to the ills which belong to our mortal state. If no material advantage be derived from the water-

cure treatment, at least I can promise that the spirits will be improved, and the constitution is left to itself, to make the best of its natural stamina. Among the inmates of Marienberg was a lady, who numbered nearly fourscore years, and who was patiently following the course of hydropathy. She is widow of one who was second to none in the branch of medical science which he followed, and to which he contributed some of the most valuable and scientific works. I am not aware that this lady had reaped much benefit from the treatment; but the ills of old age are not easily removed. At least, she was so far relieved as to be satisfied to continue the course, and her animated conversation and acute remarks gave valuable testimony to this collateral benefit of hydropathy:—viz. the giving a constant lightness of spirit. I continued bathing, and rubbing, and walking, and enjoying the course. My line of march was most unvaried. I never consulted Dr. Halmann, nor spoke to him but on the ordinary topics of conversation, when lo! I experienced a slight pain in my right side, just under the ribs. At first, this was so slight, that I was merely conscious of the reality of the evil. By degrees it increased; and after two or three days it was so much aggravated, as to prevent my lying on my right side in bed. I then thought it high time to consult the doctor. After due consideration, he advised me to substitute the douche bath for the brause, and to rub the part in which

I felt the pain—vigorously. He said it must proceed either from liver, or from rheumatism, and that the change he proposed would be favourable in either case. Another weak member was to be added to my list of pets. I had previously a gouty ankle and wrist to doctor : now I had to bestow my favour on the right side. I fell to work most earnestly. The back, the breast, and the three objects of my solicitude were douched and rubbed, and douched again. The stream of cold water, descending from a height of eight feet, a solid jet of the size of a man's arm came thundering about my ears. At first I thought the ship was overboard. My first douche bath was limited to the prescribed four minutes ; but I told the Bademeister that the work could not be done in the time, that some of my favourite objects would be neglected, and that my time must be increased. My plea was admitted, and I had at least five minutes douche, and I found relief from the first. When I left the brause-bad, I found that my buff became scarlet ; but after the five minutes douche, I might have compared my hide to burning lava. The douche was so delightful, and its effects so satisfactory, that I made no farther change during my stay at Marienberg.

When I had been at work about a fortnight, an acquaintance arrived from Switzerland. He was a regular M.D., who had practised as such for more than thirty years, with great success. He had told me that he was once, and for a

long while, a bitter opponent of hydropathy. He had ridiculed the system as absurd and dangerous, and described it as an iniquitous attempt to deprive the human race of the natural means of healing--to wit, calomel, opium, and the free use of the lancet; but finding that these sovereign remedies were not so effectual as he expected with himself, and having met with many who had received benefit from the water-cure, he tried its effects upon himself, and the results were so highly satisfactory, that he recanted, and finally became an entire convert to the truths of Priesnitzism. He now came to Boppart, to place his niece under the charge of Dr. Halmann. This young lady had suffered much from illness, and much more from doctors: she had swallowed every species of pharmaceutical poison. Omitting the array of common-place anti-human medicaments, she had been plied with mercury, iodine, arsenic, calomel, and a list of horrors, which prove that her attendants had fancy, if they were deficient in skill. They had succeeded in bringing the young lady to the greatest state of exhaustion, and after four years of patient confidence in the faculty, she found herself worse instead of better, and much reduced in strength. When she came to Boppart, it was with great difficulty that she was enabled to walk from the Rhine to the Anstalt, although assisted, and stopping every fifty yards to take breath, and she arrived there in a most exhausted state. In three days the young lady was

better ; she was able to walk without much distress, and she felt herself lively and stronger, with a desire for food. When I left Marienberg, she had enjoyed three weeks of hydropathy, and was better in every respect. The arrival of these persons was an era in my cure. They had seen me three weeks before, and now declared that the change wrought was magical. Being naturally of a retiring disposition, I shall not attempt to describe, verbatim, the expressions of surprise and admiration of my manly beauty. Both declared that I was an invaluable evidence of hydropathic miracles ; an unanswerable argument to all opposers, and that it was due to the heaven-born science to carry me about as a show, and thus encourage other members of society to follow the course which had wrought on me such a transformation. This would have been needless, unless I could have also exhibited an authenticated model of what I had been ; for although, as may be seen from my portrait, I am by no means what brother Jonathan calls awful, still there is nothing in my outward man which can be reasonably cited as a model to which my fellow mortals ought to aim to assimilate themselves. It being, therefore, impossible to astonish the public with a series of comparative appearances, I have taken the only other means in my power to attempt to bring my fellow countrymen to reason.

As I was the only one of my party who was under treatment, the others found the time hang somewhat heavy on

hand, and were obliged to resort to expedients to amuse themselves. One of these was to make expeditions to the neighbouring towns ; and I need not say, that the whole course of the Rhine, and especially what is called the mittel-Rhein, is rich in objects of interest. Within half a day's journey are the Drachenfels, and the whole series of the Nassau baths ; and a day's journey will take you to Treves, Metz, Heidelberg, or Franckfort.

My son having met with an old friend, a Courlandish Baron, agreed to make an expedition with him to the Oberland, to enjoy a few days in the chamois chasse. After a short absence, replete with adventure, they returned with a chamois which my son had killed, and which we duly



devoured at Marienberg. By the by, chamois is not near so

good a thing as I had expected, and we relished much more the account of the various adventures. The Baron, it seemed, had lost his shot by shewing himself to the game; and the joke against him was, that the chamois had bolted abruptly on seeing his face, which was not cast exactly in the Apollo mould.



CHAP. VIII.

Vivifying effects of an Abreibung—Suggestions for the adoption of a new hydropathic nomenclature—Value of words—Fever cured by cold-water—The Scotch druggist—"Pills" and "Poothers."

NOTWITHSTANDING the unchanged course of our water-cure life, there were many occurrences which interested those extremely who were, not only practising hydropathic mysteries, but to whom also the whole system was a novelty. One day a gentleman arrived at Marienberg, which he had already visited as a patient on one or more occasions. He had travelled far, and by eilwagen, which had reduced him to that languid, fidgetty, feverish state, with which all, who have travelled much, are well acquainted. I thought that he would have gone to bed, but he had not practised water-cure in vain. Recollecting the effect of former ablutions, he took

an abreibung, and came out as fresh as if he had not been



exposed to any unusual fatigue. I may allude here to a subject on which I have bestowed some thought—I mean, the desirableness of adopting a good hydropathic nomenclature. The advantage of such an index to expression has been acknowledged in all sciences, and in most a new one has been formed, or the old one remodelled. Such ought to take place with regard to hydropathy. For example: I object to the expression, dripping-sheet, which is a long word, and does not convey any definite meaning of the process which is

intended to be expressed by it, according to the rule of modern nomenclature. The cloth being named the dripping-sheet, the vessel over which the patient stands when he is rubbed under the wet sheet, ought to be called the dripping-pan, as it is placed to receive the residuum of what is poured over, and not absorbed by, the body. The action would be better expressed by the wet rubbing, or the German term, *Abreibung*, might be retained. In forming a nomenclature, two objects are to be kept in view ;—first, that, if possible, the nature of the process be conveyed in the word ; and, secondly, that the word adopted be not one which has ordinarily been employed to convey any other idea. This last is to be carefully observed. I have seen absurd mistakes arising from a different value being ascribed to the same words. I recollect, soon after I began to reside in Scotland, a gentleman, in describing a decrepid old schoolmistress, said, she is a very *fine* woman, but rather silly—an expression wholly monopolized in England for conveying the idea of a foolish beauty ; whereas, no doubt, my friend wished me to understand a superior woman, of delicate health. No doubt, according to the original value of the epithet *fine*, it might have been very properly applied to the intellectual qualities. We always speak of a fine understanding, but the expression *fine woman*, has a conventional meaning—the ground is already occupied. I can cite a still better case of the necessity

of a careful nomenclature. When our North American colonies were first settled, the adventurers were very matter-of-fact people, especially the puritans, who assumed, or even affected, an extreme plainness of speech. Their ladies called their ordinary garments as we do—"their clothes;" but the less essential parts of their attire, such as caps, ribbons, laces, bijoutrie, gloves, &c. they called their small clothes!

To return to the new nomenclature. This desideratum will be attained as soon as the scales have fallen from men's eyes, and hydropathy shall have been formally received into the code of sciences. By degrees, I became acquainted with all the different water practices, as applied to chronic complaints; and I need scarcely say, that it could only be employed against active disorder, when such malady actually existed, and no case had as yet occurred—I hope that I never desired that evil should reach any fellow-creature, nor did I now. So far I did venture to wish—viz., if any one in the neighbourhood was to have a fever, that it might occur during my stay at Marienberg. I had, indeed, the strongest evidence of the efficacy of the cure in the most virulent cases of inflammation. One of the badaufwarter told me that his wife had been attacked by inflammation of the lungs. She was taken in hand by Dr. Halmann: the symptoms were as severe as one can imagine. She was kept for more than twenty-four hours in damp sheet and packing, the same

changed every quarter of an hour; wet bandage round the chest besides. In a week she was well, and in less than a month she was about her ordinary avocations. I had no want of evidence, I possessed a mass of testimony, on the authenticity of which I could depend: still there is much in seeing. At last a case of fever did occur—not according to my wishes as regarded the person who was to be treated for my instruction—for the person so seized was a lady who has my tenderest sympathy; she had been poorly for some time: indeed, for some weeks she had been oppressed in a manner which she could not account for. One morning she complained of a great deal of sore throat, and a very severe head-ache. Dr. Halmann ordered wet bandages round the throat and head, which produced no marked good effect. There was no appetite; rather a loathing of food; the pulse was very high, and the whole body in a burning heat, except the feet. The Doctor now found it necessary to take more decided steps. The pulse was 120°, when he ordered the lady to be damp-sheeted, the bandages on the throat and temples being continued. The packing was made so as to include the arms, but not so closely wrapped up as when the patient is left to perspire. The sheet was taken off, and its place supplied by a fresh damped sheet every half hour. This is a most disagreeable process, as, just as the patient is getting warm, the cold comes to take away this crumb of comfort. After ten changes, occupying more

than five hours, the doctor thought that the system had been enough bullied; the legs were as cold as marble, and now the lady was regularly eingepacht, and left for nearly three hours. She fell into a most profuse perspiration, and was then stripped, a wet sheet thrown over her, and buckets of water poured upon her head. There was no water in the dripping-pan but what was poured over her and fell into this receiver. She was then thoroughly dried and put to bed. She slept a great deal, but it was not the sleep which refreshes. She was still overpowered with fever. She drank a great deal of water, and during the night took a few spoonfuls of arrow-root. The following day the pulse was at 96°, head relieved, and throat better. I felt the pulse very frequently, and always found that the pulsations agreed with Doctor Halmann's report. The doctor thought that the quick changing of sheets every half-hour must be again resorted to, but he determined to try the einpachen first. The lady lay in this for nearly four hours. A most profuse perspiration ensued, and the subsequent cold bath, which had a most agreeable effect. All symptoms were relieved; she dozed during the day, and at 5 P.M. the damp sheet and subsequent cold bath were repeated. The night was passed more agreeably, and there was some desire for food, arrow-root alone being still used. The third day the headache was nearly gone, but little of the sore throat remaining, pulse 88°. After the einpachen and bath she felt still fresher and better.

About midday she took a basin of arrow-root ; and soon afterwards the doctor came and pronounced that the fever was gone. The pulse was still 84° , *i. e.* 14 beats above the ordinary pulsation. The doctor said, nevertheless, the fever is away, and ordered some good soup for supper, which was eaten with relish. The fourth day the head-ache was quite gone ; and by the direction of Dr. Halmann, the breakfast consisted of a large bowl of soup, two fresh eggs, and two rolls ; at



two o'clock a dinner of mutton chops and potatoes, all of which was much enjoyed, and there was no bother about digestion. The patient felt better and stronger after each meal. The fever had been beaten without destroying the stomach and paralyzing all the functions of the body, as is the case in the kill-devil system. In our case, the cure was complete. It necessarily took some time to restore the strength after the

hydropathic discipline to which the patient had been subjected. A friend of mine said to me, "If I had a dozen wives in fever I would employ this new system!" I added, "If I wished to have a dozen, I should stick to the old one!"

I have a friend, a Scottish druggist, a most estimable man, who, though he earned a handsome independence by his business, yet has always inveighed against taking physic. He told me that, during his apprenticeship, his master was much consulted by the poor. He had two specifics—pills and powders, the latter pronounced pootherers. One day a poor woman came with a sick child, and, having heard the case, the oracle said to his assistant, "Gie him pills—gie him pills!" The anxious mother explained that the wean was no needing physic—its bowels were regular. "Aye," said the



doctor, "then gie him pootherers—gie him pootherers!"

The system of treating fever by cold water is no novelty : what is ? The enlightened Dr. Curry wrote upon the subject many years ago, and most medical men are aware of the book, and of the value of the practice ; but he who should venture to commence the system would be denounced by the faculty, and pointed out as a monster ; his practice would leave him, and few would be found brave enough to follow his example. The present system pays well ; and I need scarcely point out the furious jealousy of the faculty towards all who venture to make any innovation on the prescribed routine. “ Gie him pills,” “ Gie him poothers,” must be the cry.

CHAP. IX.

Hints for a fever hospital on the water-cure principle—The Gräfenberg Anstalt—The Author's style—The two Serjeant-Majors—Fresh attack of gout—The enemy subdued—Preparations for departure from Boppard—Leave taking—Marienberg expenses.

It gives me so much pleasure to prose over my stay at Marienberg, and all the passages connected with it, that I might easily spin out this work to a length which would be tedious to my readers. I am most desirous to avoid this evil. I am hopeful, if not sanguine, that some may be led, through my humble endeavours, to examining the claim which Hydropathy has to the attention of invalids, and also to considering the advantage which may be extended to our poorer brethren by means of water treatment. It is a subject of complaint in most large towns, that the funds are insufficient to meet the demand, on the public hospitals. Now, a fever hospital on the water-cure principle might be maintained

at a small expense ; and if such an establishment were once set on foot, the advantages of hydropathy would be more fairly tested, and its merits established on more solid foundations than is now the case, when such chance tributes as the present are offered in its praise. It must be kept in view, that although the science is as yet in its infancy in England, we have before us the experience of Gräfenberg, the visitants to which are annually increased in number. And it must also be kept in mind, that the Gräfenberg Anstalt is under the surveillance of the Austrian government, which is, of all others, the most jealous of innovation, and which extends to all under its rule a too busy, though paternal attention.

The names of all patients entering at Gräfenberg are registered, and a watchful superintendence is kept over the proceedings of the enlightened Bauer Priesnitz. This might ensure the fact, that the system must have many advantages ; but the best evidence that can be given is, that the public are becoming more alive to the benefit of hydropathic treatment, as is evinced by their flocking in crowds to Gräfenberg. It must also be kept in mind, that this place offers no temptation to travellers. I can well imagine that an Englishman might be easily persuaded to visit Marienberg, or other Anstalt on the Rhine. He is, at least, sure to find a pleasing residence ; the journey is agreeable, and is made at a small expense ; and he is always within twenty-four or thirty hours of home.

Gräfenberg does not offer the same inducements, either as regards situation or facility of approach ; and, lastly, it is said that the living there is by no means comfortable ; but these disadvantages have not deterred crowds of all nations from seeking the advice of the great leader of hydropathy.

I must also offer a word on the light tone in which I have treated so momentous a subject. It might appear, that were I in earnest, I should have entered into a solemn train of reasoning, verging rather on the philosophic, instead of descending almost to the ludicrous. To this I answer, that I am totally unable to do the philosopher. I am ignorant even of the terms which must be employed to render such a work either acceptable or intelligible. I wish to appear in the witness-box, to say what I have experienced, and what I have seen ; and as I write for my own amusement, I have followed that style which I am able to exercise with the greatest facility. I do not expect to persuade any beyond the point, that they, accepting this as one mere shred of testimony, may be led to enquire farther into the subject. There are some persons whom it would be impossible to convince, whose dispositions, perhaps their livers, are of a hardened nature, as to deny all access to reason ; whilst others, of a more plastic disposition, coming half persuaded into the field, at least shrink from making idle objections.

During part of the Peninsular war, I served in a brigade

of cavalry, and we had a remarkably fine set of young men, subalterns, in each of the two regiments, composing the brigade. There is probably no post in the army, the duties of which are so entirely altered, as that of a cavalry Sub on entering on active service. In England, his duties are light. There are but few parades; and one or two visits to the stable or barrack-room alone interrupt the time employed in kicking his heels, and riding or walking about for the benefit of the admiring fair. On service his duties are greatly multiplied, and many of them are of an arduous nature. He



must mount picket, in which cooling employ he may remain

from twenty-four to forty-eight hours. He has frequently to make patrols, which occupy the whole day, and knock up his horse. He has to take foraging parties in search of fodder, which is very tedious, and demands great attention on the part of the officer in charge, lest the men vex the inhabitants unnecessarily, or collect articles for their own use, instead of hay or straw. Lastly, he is very frequently entrusted with those despatches which are considered of too great importance to commit to an orderly dragoon. There is, therefore, generally some difficulty to arrange the Roster, and to convince the Subs that the tour of duty is regularly maintained, without favour or affection. The burthen of warning for duty falls upon the adjutant, or, in his absence, on the serjeant-major. A conversation was overheard between the two regimental serjeant-majors of the two corps alluded to above:—

1st Serj.-major.—Muster Wells, I do wish that you would tell me how you manage with your young gentlemen ; for you seems to get on so pleasant and easy, whilst I can scarce get a Sub to take his turn of duty without a regular skrimage ; and some on 'em bullyrags me so uncommon, that I often think that I must give it up altogether. Now, do ye tell me why it is so different with you ?

2nd Serj.-major.—Why, I'll tell ye how it is, Mr. Egleton. You're such a fool ; you doe'nt know anything

about 'uman natur. You goes a harguing with them chaps as wont work : I lets them alone. I always goes to them as will. Why, I've had Lt. E. on picket three times a week ; and although he only came off duty the day before, why, he goes on again just as pleasant as if he had been idle for a month. That's what I call putting things to their proper use ; and so I has no words.

It will, therefore, be understood, that I do not wish to argufy. I do not pretend to any rhetorical powers which could affect those who bullyrag and dispute at every point ; while I hope to influence others who are so reasonable as to place confidence in an unbiassed and disinterested testimony. To return to my progress.

After a sejour of nearly four weeks at Marienberg, finding that I was not only better in *every particular*, but even in the *most robust health*, I applied to the doctor for his opinion as to the course I should pursue. He said, that after the exciting treatment I had gone through, he considered that there could be no gout in my system ; and he recommended that I should relax in my course, taking first the damp sheet instead of the dry blanket, and the brause-bad instead of the douche ; when lo ! the very next day I awoke with a stiff wrist. There could be no doubt of its being gout. The swelling was not great, nor was there very much pain ; still there was as much of one and the other as there had been at my former attack

upon the same member. Dr. Halmann advised me to go on douching and rubbing, at all other times keeping the wet bandage round the wrist; and he hoped that we should succeed in driving the enemy downwards. I now thought that I was fairly in for it. I remembered my former troubles, the helplessness to which I had been reduced, and my entire dependence upon the services of others. I felt a good deal like a lady on the eve of accouchement. The evil must come, so I must prepare for the worst; and whilst I was yet able, I must execute those offices which I should soon be unable for, and which I must then devolve upon another. I had some correspondence to complete, which I executed with as little delay as possible; and having thus made all snug, I set to work on the rebellious wrist. I rubbed and bandaged, douched and bandaged again. In addition to the regular douche, I treated my sickly wrist to a dose two or three times during the day, which by-baths were succeeded by tremendous rubbings, and on with the wet bandage. The following day, it was obvious that the swelling was abated, and the inflammation had descended into the hand. I relaxed nothing; the seat of gout was vigorously assailed, and I felt sure that I should suffer no material inconvenience. I continued to be able to shave myself, and after a very few days of anxious perseverance in the douche and rubbing system, nothing remained but a slight weakness in the threatened member.

My engagements were such as made it desirable that I should not remain much longer at Boppart. Had it, however, been requisite that I should prolong my stay, I could have done so; and the course was so extremely agreeable to me, that I should have easily found means to obviate any difficulties; but as I now had no excuse, as my party was quite ready for a start, and I had my doubts whether it was prudent to continue the course after the accomplishment of all I had expected from it, I fixed a day for my departure. I was advised to relax my exertions by degrees; to give up one bath, then another, so that there should be no great change on my quitting the place. This I intended to do, and should have done; but as the day of our departure was not definitely fixed, and as I always determined to make a change to-morrow, I found, that the last day I passed at Boppart, I had gone through the whole course as carefully as on any day of my stay there. I then determined to continue my bathing after I left the place, and I was enabled to fulfil my determination by bathing in the sea till the 15th of November, when the bathing machines were taken away, and I was obliged to fall back upon a very serious and lengthy tubification. The day of my departure from Marienberg I took a charming dip in the voll-bad, without the previous transpiration; and having been well rubbed down, I got my breakfast, and made for the quay. There is a good deal in the process like going

home from school. There is always something agreeable in setting out on a journey, even if one does not chaunt—

“ Good bye, church ; good bye, steeple ;
Good bye, parson ; good bye, people.”

I left no individual of Boppart without some degree of regret ; and I cannot be so diffident as not to think that our party was altogether unregretted. As we descended towards the river, our suite increased in number, and on our arrival on its banks, the quay was found scarce large enough to contain the throng which came to wish us *Leben sie wohl*. The good old Landrath was there, and offered a warm and kindly adieu ; as we stepped on board he gave my son—a strapping youth, upwards of six feet in height—a hearty kiss, whilst I acknow-



ledged the compliment by kissing the Landrath's son and

heir, who is a dear blooming boy. We were on board. "Set on" was pronounced, and the power of steam, added to the rapidity of the current, soon took us out of sight of our friends, as their handkerchiefs waved a last adieu, and of the scenes of a happy and profitable residence.

As I selected Marienberg for my own hydropathic cantrips, I have spoken of it as if it were the only attainable water-cure establishment: I know that there are many others. That of the Müllthal, also at Boppard, and under the direction of a most intelligent and respectable Dr. Burgess, is highly spoken of; and there are many others, but my personal experience is confined to Marienberg, where, I think, all hydropathic objects may be attained, and the baths are said to be better and more complete than at any other establishment. The expense is moderate. The whole need not exceed two pounds sterling per head per week, including every charge for lodging, food, medical attendance, and servants; to these last a small gratuity is willingly accorded on quitting the place. But if the patient will be satisfied with a worse room, the expense may be even less than the sum mentioned, and what I have stated is surely not excessive.

CHAP. X.

PAULO POST FUTURUM OF A HYDROPATHIC PATIENT.

MY readers must not imagine, from my description of my state before entering upon the water-cure system, that I was a man of a broken-down constitution. In fact, I have ailed little during my life, except from accidents, until my attacks of gout, all within the present year. The effects of the gout, however, and its concomitant evils, were such as to leave me depressed, reduced, and thoroughly out of condition. I found a remedy in the water-cure, and each succeeding month has confirmed my conviction of its peculiar efficacy. I have continued my morning bathing, my walking, and my diet, and each week the effects are more and more admirable and undeniable. I used to have some little ailings, slight indeed, but they were signs of more coming. They are all gone. I feel daily more convinced, that Gout dare not attack me. I feel more and more satisfied, that water has power even beyond the claim which Priesnitz makes in its favour.

I beg my readers to try Hydropathy, if they are sick ; nay, almost to be a little unwell, that they may know how agreeable

it is to be cured. I recollect, in my younger days, a senior officer, who felt that he was entitled to prose to me, said :—
“I should be sorry to take a liberty with any man, least of all with a brother officer ; I therefore do not venture to offer my opinion. I do not feel that I am justified in obtruding my advice upon you ; my meaning might be misunderstood, and I wish to approach every man with the most delicate regard to his feelings, his principles, and even prejudices. I therefore desire to leave you entirely to yourself, unbiassed by my opinion, although I feel it is not worthless. No—I say nothing ; but this I will say—that you are a great ass, if you don’t try what I suggest.”

Gentle Reader—I am the senior, you the junior officer : and I make you my humble obeisance.



SUPPLEMENTARY CHAPTER.

A return of the gout—Become a patient at the Sudbrook Park Establishment—Descriptive account of the house—Benefit derived under Dr. Ellis's treatment.

AMIDST the general approbation which has been bestowed on the preceding pages, I must admit some observations of a somewhat different character; which, while they did not amount to censure, nor to depreciation of the work as it stands, yet they went the length of implying, that, when the author so openly expressed his exceptions against the ordinary system of doctoring, he was bound to guide his readers to some haven of healing, more accessible than Boppart; and farther, to acquaint them with more of the hydropathic treatment of patients suffering under acute disease. It was not in my power to meet the wishes of these critics: I only professed to bear testimony to what had passed under my own eye, and Marienberg was the only establishment I had visited. I was not therefore in a position to gratify such sick, lame and lazy, who wished to take the water in their native land. So far as to hydropathic hospitals. Next as to the treatment of acute disease. Here I was still more straitened: I do not pretend to medical skill, and I have only professed to describe the treatment to which I had been subjected, and its effects. I could

not be expected to become an hydropathic martyr, and acquire disease that it might be removed aqueously, for the benefit of my readers. An opportunity, however, has occurred, which enables me to satisfy the wishes of the objectors, and I can now recommend an hydropathic establishment, in the immediate vicinity of London, and I do so the more readily, as the place is within the reach of any man who has half a day and half-a-crown, to spare. I trust that it will never be in my power to describe from personal experience, the hydropathic cure for the many maladies to which the human frame is heir. But I can offer a most satisfactory case of cure of a severe fit of the gout, which is the only malady to which I am subject, and the one on account of whose ravages on my constitution, I was led to visit Boppard. I therefore now offer my experience on the only two points on which the most stern critic could assert that my book was wanting.

I had fondly hoped that my hydropathic performances had not only freed me from a present evil, but had also banished the gout from my constitution. I had steadily continued to abstain from all fermented liquors, as well as to avoid every species of high luxury, and the fruit was, unparalleled health. I left Boppard in the month of October, 1846, and on the 20th of July 1847, I was seized in the foot; but this attack was indeed a slight one: although I was obliged to travel during the night both by sea and land, to my considerable

inconvenience, still there was no violent inflammation, and in three or four days I was rambling about the woods. I felt convinced, that at least my malady was reduced to modified gout, such as a few wet bandages and starvation would subdue. I was too sanguine; but let me be understood, I do not complain, far from it; I have indeed had a regular fit of the gout: but, 1st, It was not nearly so severe or painful as the attacks were wont to be, before I was treated hydropathically. 2ndly, I am subject to no other malady whatsoever, not even a cold, and therefore I have to acknowledge most thankfully, that I am by far better off than other people. For the information of the gouty, I shall now give a short narrative of my attack, with a journal of the case.

I had been in London for a month, and although I had occasionally dined with my friends, and company dinners in town are serious matters, I had nevertheless abided by my rule of abstinence, save an occasional glass of champagne, (iced champagne), but this was the only wine I put to my lips. On the 10th of May, I had an attack of gout in the right wrist, which was removed by friction and a wet bandage, but only removed; on the 13th it attacked my left foot, *vigoreusement*. The pain was acute, and there was a gouty tendency in the knee of the same leg. It continued getting worse till the 15th in spite of wet bandages. When I turned in on that night the symptoms increased mightily, and I passed a

very restless night ; as I turned, and tossed and grunted, my thoughts were carried to Boppart and Dr. Halmann. Could I but reach those healing waters ! but alas ! No. I was not up to so long a journey. The mere recollections of the ills that suffering humanity is heir to, made me sigh again and again over the distant Rhine. I longed for the consolation and comfort of an Hydropathic Spirit—Ach mein Halmann.—Thou only at hand—thou soother of mortal woes—why art thou not omnipresent, as well as omnipotent. But as I groaned and grumbled and dwelt on the besotted dulness of the British race who would not be instructed by my experience, I suddenly remembered that my old friend the Captain whom I had subsequently met in Rome, had been eloquent in his description of an establishment near Richmond, and of the wonderful cures performed there. It was not long ere I had made myself acquainted with its locality, and as speedily resolved to tempt the Genius of its waters.

The following day I was rolled down stairs, for I am too heavy to be carried, and I accomplished the descent of three pair of stairs on my right foot and the centre of gravity. I was then hoisted into a cab, and I drove off on my travels to Richmond or rather to Sudbrook Park. I may mention to my non-cockney readers that Sudbrook Park is *de facto* and now *de jure* a part of Richmond Park, it having been purchased by Government.

Although it was some days ere I could examine the establishment of Sudbrook Park, and therefore a description of the place may be held as an anachronism, still it appears to be the natural place for such a notice, and I give such information as I had afterwards abundant opportunity to acquire.

Sudbrook Park was formerly in the possession of the Argyle family. It passed into the hands of the Duke of Montague, and became the property of Henry, third Duke of Buccleuch, on his union with the Lady Elizabeth Montague, whose benevolence and simple manners were so universally acknowledged and admired ; thus Sudbrook Park was thrice a ducal residence, and no unfitting one. The situation of the house is beautiful : on the foot of the hill whose summit is crowned by the residence of the Premier, the ground slopes gently towards Ham Common, and on that glacis the house of Sudbrook is built ; the rich foliage of Richmond Park blends with that of its ducal neighbour, the two demesnes are only separated by a wire fence. The inmates of Sudbrook are provided with keys of admittance to the royal park, and are thus enabled to extend their walks at pleasure into that exquisite chase. The house of Sudbrook is very roomy, and contains many very handsome apartments, while the whole of the rooms are highly comfortable. The entrance hall, which is approached from the lawn by a very handsome flight of stone steps, is adorned by ducal and heraldic blazonry of all



descriptions; this is the mess-room, and perhaps the handsomest dining-room between London and Windsor, it is so lofty that it cannot be close under any pressure from within. This beautiful room is used also as a reading room, and is furnished with sundry copies of the daily newspapers and with other periodicals. The room immediately behind is the billiard-room; the east wing of the house is devoted to the ladies, and on this side, most appropriately, is the drawing room, to which, of course, the gentlemen are admitted; the other part of the building is hidden from the profane gaze of the lords of the creation; but the nunnery is furnished with baths and attendant Dianas. The public apartments, *viz*:—Salle à manger, drawing-room, and billiard-room, are devoted exclusively to the patients of the first class; and I may mention here, that the inmates of Sudbrook are divided into three classes, paying very different prices, but precisely the same advantages of treatment and medical attendance is extended to all. The left or west wing with an adjunct attached by a long corridor, is the residence of the gentlemen, and here is to be found a copious supply of baths; plunge, douche and shower.

Besides the apartments I have mentioned, there are private sitting-rooms for those who wish retirement, where the occupants may take their meals if they prefer it; but Hydro-pathy has a gregarious tendency, and the parlour sitters were

not parlour boarders, but dined in the hall. The gardens and pleasure grounds are very extensive, and such as might be expected from the previous occupants of the Hall. In the sylvan retreat of Sudbrook the patient might fancy himself far removed from the din of the busy world, while a short walk will convey him to those resorts into which numerous troops of Londoners are daily poured : the beauty of the scene can scarcely be too highly praised. Britain can boast of few more lovely spots. If the patient be inclined to extend his walk beyond the grounds, or to change the scene, on the east he has Richmond Park with its heights, on the south Ham Common, in the north Petersham and the meadows leading to Richmond. There cannot be any question, that beautiful scenery is no mean assistant to the Doctor, from its good effects on the spirits ; it is especially requisite that an Hydropathic establishment should possess these temptations to walk, as the system prescribes so much bodily exercise, and it is a happy circumstance when the daily walks are not only advantageous in setting the limbs in motion, and bringing all the parts and functions of the body into play, but are delightful in themselves, and what we should be induced to do even were the result of doubtful effect. No doubt persons are to be found, who, for their pleasure, subject themselves to the chance of a headache in the stifled ball-room or the crowded theatre, fertile in noxious odours, and we might anticipate that others

may be found who would pay the same penalty for a ramble through Richmond Park, an evening walk in the rich meadows on the banks of Father Thames, or a stroll on Ham Common, gilded by the yellow blossom of gorze bushes, or a lounge in the wilderness of Sudbrook; but no such penalty is exacted, on the contrary. I forget what French lady it was who said, "Pity that it is not a sin to drink cold water!"—these rural delights, so far from being a tax on the constitution, are among the means employed for its renovation. Let it be confessed; the water-cure is not faultless, *i. e.* it is human; it savours too much of the *dolce far niente*; the succession of baths, interspersed with rambles in the most attractive scenery, the agreeable meal of wholesome and nutritious food, seasoned with lively conversation; the reading-room in the ducal hall, and the society of those who are in good humour with themselves and with their fellow creatures; all this is too delightful to last. My readers may go to Sudbrook, and all those who are sick and wise will do so, but, alas! they must return to the world with its real cares and fancied pleasures; they must again take their share in impelling the monster mass—society; back to this must they go, carrying however with them an invigorated constitution, and increased powers of usefulness. Having acquitted myself of the rurally descriptive part of my task, which might perhaps have been omitted, for my readers had better visit

Sudbrook and judge for themselves, I return to the more immediate subject matter of my addenda.

At half-past two I was in the presence of the M.D. superintendent, the Sudbrook water-god, who saw at once that I was not a griffin but a duck, or to speak less by figure, he soon discovered that I was not a novice, but well acquainted with the virtues of water. At five o'clock I was in the wet sheet, from which I experienced much relief; the inflammatory tension was relaxed, and at seven o'clock I was able to hop off to the splendid *salle-à-manger*, and to partake of a simple supper of bread and milk. I then met some of my associate nymphs and watermen, and I must be allowed for a moment to expatiate on the collateral advantages of Hydro-pathy. Every one is in good humour, amiable, cheerful and desirous to serve a neighbour. As I hopped to my seat, unable to get any thing beyond the reach of my arm, I found myself waited upon by a host of fair attendants, one of whom cut me a slice of brown bread, another handed me milk, and brought me butter in a lordly dish, a footstool was purveyed by another, while all anxiously avoided touching the old gentleman's dear old foot. Good humour is catching, and I began to dwell less on my ailments, which had hitherto occupied much of my thoughts. At nine o'clock I was taken to bed by a servant of the establishment, bandaged and tucked up; thus ended the 16th. My sleep was disturbed, my foot

was better, but my knee was worse. On the morning of the 17th I was again packed in the wet sheet, which soothed me; the shallow bath succeeded, but the knee had become much worse; it was most painful. I passed a wretched day; the slightest motion gave me acute pain: I made hideous grimaces, which would have frightened out of the room any ladies but water-goddesses, and my grunt was no bad imitation of a locomotive engine. I was not packed again that day, my knee was fearfully swelled and painful to match; indifferent night. At five A.M. on the 18th, I was packed in blankets, and a most profuse perspiration was the result; shallow bath and rubbing followed: knee very bad, foot better, but tender; temper crossish, locomotive still at work, fearful grimaces; sympathetic water-goddesses. The attentions of Dr. Ellis unremitting. Passed a better night, the consoling wet sheet at 5 p.m. had done me much good. On the 19th I felt decidedly better; after a good dose of blanket packing and bath with friction, spirits improved, features beginning to assume their wonted placidity (*see frontispiece*), ate my dinner with appetite. Afternoon, wet sheet, in the absence of the Doctor I prescribed for myself an additional half-hour of this soothing application, and I passed a good night. On the 20th there was a decided improvement in all respects, pain having much subsided, I became jocose and funny, I enjoyed the dulcet sounds of the ladies, several of whom sang admirably. On

the 21st, Sunday, I awoke still better. The treatment is very properly relaxed on Sunday that the attendants may enjoy the rest of the Sabbath, I therefore only enjoyed a good blanket pack, by which I was much renovated, and I was able both morning and afternoon to walk to the church on Ham Common, which is distant three-quarters of a mile from the establishment, and which, under the ministry of the Rev. Mr. Hough, is another advantage to the place. I truly enjoyed this day. It seems like magic, but four days before I was suffering most acute pain, almost unable to move and very cross; now I was able to hobble about nimbly, and to feel amiable, and enjoy the pleasing society of those around me, and all this without drugs. The inflammation having now subsided, the Doctor was enabled to put me through a more active course. On the 22nd, after blanket pack, I was conducted to the plunge-path, into which I plunged hissing hot, a walk in Richmond Park of three-quarters of an hour prepared an appetite which made the porridge and milk more palatable than ever, I recollect the day when I found porridge and milk too heavy for my stomach; now, I could almost digest the kettle it was boiled in. At mid-day I took the douche-bath, whose delights I have already described. In the evening the wet sheet with shallow bath. I was now a convalescent, making long walks of three miles.

I was able to inquire into the maladies of my fellow

patients and the progress they had made, one and all expressed cheerful thankfulness that they had been brought to Sudbrook. All had reaped advantage, many had been completely cured, some, unexpectedly so. One gentleman, an esteemed and learned friend, reminded me, that I had prescribed Hydropathy to him, about a year and an half before. He had then been long a sufferer, as head and chest both were affected, and he was frequently forced to forego his arduous studies. He had encountered some more eloquent advisers whose counsel he had followed, and in less than a fortnight he had experienced *very great relief*. This was a proof that I am lukewarm in the cause of Hydropathy, or that my powers of persuasion are weak. I could cite many other cases, but, diffident as I now feel, as to my power over the minds of others, may I not hope, that I may persuade some to pass half a day and spend half-a-crown in a journey to Sudbrook, there to inquire for themselves. It is a most agreeable excursion, and the information desired, is easily obtained, as all the patients are most anxious to acknowledge the benefit they have received, and their confidence in the Doctor. I was treated on the 23rd and 24th precisely as on the 22nd, three baths per diem. I should find it difficult to say which of them I liked best, or from which I received the greatest advantage; on the 25th I left Sudbrook quite well and in high spirits. I continued my treatment to the last, the blanket pack and plunge bath in the

morning, and a douche just before I started ; after bidding a cordial farewell to the Doctor and my associate ducks I drove off to London. The butler who opened the door for me could scarcely credit his senses, or identify me as the cripple who had left the house eight days before. When I published my experiences and "Hints" last year, some of my friends suspected that I had an interest in the concern at Boppart, a share in the profits, and that my little book was written with touting intention to act as an advertisement in the Times, or a fly-sheet in the Quarterly. Such a charge can scarcely be brought against me with regard to Sudbrook, for I did not previous to my arrival even know the name of the medical attendant till I was given over to Dr. Ellis, who now has every claim on my gratitude, for his attention and skill, and this I rejoice to acknowledge thus publicly, whilst I must add, that I observed the greatest discernment in the management of others, for I saw several cases, which appeared to me to be very similar, treated in a totally different manner from one another, and with the most evident good effects. Whilst therefore I declare Dr. Ellis to be a most skilful and successful Hydropath, I add go and see for yourself ; ask the resident patients what they think of the cure and of the treatment, and of the head waterman. I must have a word with one class of gentlemen. Reader, if you suffer from gout, and determine as soon as you are cured

to return to a system of high living, thereby generating gout or something worse, I can scarcely advise you to go to Sudbrook unless it be with a hope that your eyes shall be opened and that you may be led to adopt new courses. Gout is easily cured, every tyro in druggery knows how to get rid of it for the present. Colchicum is one way and the one usually adopted, and I believe that there are others of the same nature; thus you may in two or three days get back to your jollifications. No doubt this method will shorten your life, and during that abbreviated period, you will be a hobbling, querulous testy old beast. I did not choose to purchase rapid cure at such a price, and what is the result, on the 18th I was a suffering cripple, on the 26th I travelled from London to Edinburgh without the least fatigue, on the 29th I walked a dozen miles, and all this was effected without any kind of drug. The wise will hear me. The mighty unwise will laugh me to scorn. I do not give palatable advice. Jock Tompkins went to Justice Wigsby! "Zur, I be wanting a bit of advice, you see I wants to marry Dolly Dumps!" "Marry Dolly!" exclaimed the J. P. "why you dolt, you would have nothing to live on, it's out of the question." "Laa, Zur," says Jock, "You does'nt understand me, that's not the sort of advice I wants, I wants the kind of a sort of advice a man wants when he has made up his mind!" Now be you as honest as Jock was. I believe that I may have been led to make use of some

harsh expressions in speaking of the faculty, I was quite wrong, the fault is not with them, people do not want to be radically cured. The commodity will always be found to suit the market; now the majority of people wish to get back as soon as possible to their good cheer, and the Doctor is pressed to cure as well as he may, but to let his patients back to the flesh pots as soon as possible; an M.D. who ordered continued low living would soon illustrate his own principles, for he would starve to a moral certainty. I shall not injure the faculty. To them I leave the unwise, the masses; I address myself to the few, to the select, who think good health better than good living; to such I say, try Hydropathy. I acknowledge that it is not a panacea for all the ills of life, but you may state your case to the Hydro-doctor, perhaps he will not undertake it. But if he does do so, you will find the cure an agreeable one. And especially it leads to cheerful spirits, a blessing above all price, and if you are cured, as the majority of people are, you return to your home with a constitution unimpaired. Heirs at Law are especially recommended to speak ill of Hydropathy, not so heirs at will, for it will keep the old uncle in good humour.

THE END.

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